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April 2012

THE READS



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DEPARTMENTS

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FROM TOP: GETTY IMAGES; ILLUSTRATED BY EDDIE GUY

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Editor's Note

My (Twin)spiration

"Mommy, how do you spell *olive*?" chirped my four-year-old daughter from the backseat of the car. Olivia and her twin sister, Sophia, were scribbling madly. "Oh, and tell us *nut* and *chocolate*, peese. We're making a diet list!"

I shot a look at my husband. Panic. A diet list? Not the words this mommy wanted to hear from her toddler daughter. I'm determined to shield my girls from the body-image anxiety and the self-criticism that torment so many teenagers. This mom goes to the gym to "get strong," not to burn calories. Sophia and Olivia will never hear me say, "I feel fat."



The year was 2008, and my girls had seen me on television talking about my first book, *Flat Belly Diet!*, and the five healthy fats that target dangerous visceral fat. I'd trumpeted the energy borne of excellent nutrition and the well-being that living at a healthy weight brings.

So I gulped and asked what I needed to ask: "Why do you want to go on a diet, my loves?" Their answer—which came in enthusiastic stereo—made my heart soar: "Because we want to be healthy!"

Fast-forward to today. I've uncovered new research on wholesome, fat-fighting foods and devised a powerful new way to eat them. It's *The Digest Diet*, unveiled on page 116. I'm proud to stand behind the plan's science, ease, recipes, and results (our test team lost 150 pounds!).

But most important? The plan passes the biggest test of all: my girls in the backseat of that car.

L. Vaccariello

liz@rd.com

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THIS MONTH, I WANT YOU TO:

Laugh Our new humor section, page 82

Shiver "The Unsinkable *Titanic*," page 94

Cheer "Boy on a Bike," page 156

FROM LEFT: STEVE VACCARIELLO; PHOTOGRAPHED BY MELANIE DUNEA/CPI

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Diggin' the Digital

The iPad edition of the magazine is superb! I have been transferred overseas, and this is a such a good way to stay in touch with the American way of life! *Tom Byington,* Malaysia

Father Time

Liz Vaccariello's Editor's Note brought tears to my eyes ("Father Time"). I, too, lost my dad last year, just days after a devastating stroke. He was 85 and my biggest cheerleader. He took me to my first Los Angeles Dodgers game, and he also introduced me to the great magazine Liz now leads. He would clip and share the jokes each month, even though I got the same issue and had read them already. He taught me faith, patience, unconditional love, and understanding for human flaws. I try to remember these traits and live them each day. *Kathryn Betz Riley,* Rancho Santa Margarita, California

What a nice tribute to your editor's beloved dad. I'm a fairly new subscriber to *Reader's Digest* and absolutely love the magazine. Great subject matter, relevant, funny—just what we need in our congested lives. But, Tom Brady: No! *Debra A. Nichols,* Attleboro, Massachusetts

I was impressed by Liz Vaccariello's Editor's Note. Her personal comments and thoughts were excellent. Not the norm but something very honest, open, and real. *Ron Grehl,* Bethel Park, Pennsylvania

Liz Vaccariello mentions the book *Unbroken* in her editorial. Is she



I'm back! I was a subscriber for years. Now I am again—solely based on the story about the crazy cat guy in the free holiday humor issue on my Kindle Fire ("The Man Who Loved Cats"). Videos, photo slide shows, audio—from *RD*? Woo-hoo!
Connie Parchman, Pleasanton, California

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referring to the WWII story by Laura Hillenbrand or the memoir by Tracy Elliott?

Pennee Brotsche, Aurora, Illinois

Editor's Note: Liz was referring to the Hillenbrand bestseller. For other excellent book recommendations, check out our new feature Reader's Digest Recommends at rd.com.

Look Back and Laugh

Kudos to Andy Simmons for "Funniest Moments of the Year." We get so bombarded with negativity and strife in the news that I didn't know I needed a good laugh until I read this piece and laughed out loud, repeatedly. You're lucky to work with Andy—give him a pat on the back!

Donna Gropper, Winter Park, Florida

Labor of Love

As the owner-operator of a cleaning service for over ten years, I've learned a lot about human nature ("13 Things Your Housecleaner Won't Tell You"). I've done much more than clean, dust, and polish. I have painted, helped dye hair, changed bandages and applied ointments, gone on doctor's appointments to take notes, done minor plumbing, electrical, and carpentry repairs, done gardening work. I have even helped herd errant calves. Most of my customers are older; I listen and laugh with them. I listen and cry with them. Most of them feel like family to me. I protect them with the same ferocity I do my real family. Because of this, they trust me. I hear their stories and look at their pictures. I learn about their past, make their present easier, and I've stood beside the graves of those who have passed. I guess for me it's been more about the people and not just the job.

Lauraine Garten, Brookfield, Missouri

Truth or Advertising?

Was that a hidden advertisement in the first "true story" in "Life's Funny That Way"? It mentions three products: Brillo pads, Tampax, and Kotex—and the writer is identified as "Kimberly Clark" of Alpharetta, Georgia. People must realize that Kimberly-Clark is a huge company—with headquarters near Alpharetta—which happens to manufacture Kotex along with many other household and business items.

Joan Harris, New York, New York

Editor's Note: Believe it or not, Alpharetta is big enough for both a corporation and a private citizen with the same name.

Life, Love, and Death

I was moved by Amanda Bennett's article about the decisions to pursue extraordinary and experimental treatments to buy her husband, Terence, more time ("The $618,616 Life"). This summer, I lost my 53-year-old husband after a brave battle with colon cancer. Although the doctors originally gave him only a couple of months, he was able to

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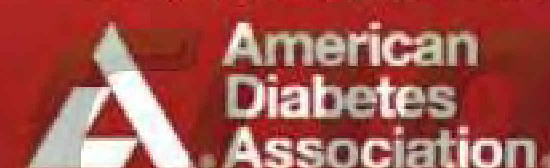
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stay with us for three years with some of the same therapies Terence received. We, too, got a good look at the health-care industry, insurance, and the resulting medical bills. It's a very difficult decision to make, to decide when "enough is enough." When it's someone you love, you'll try everything.

Lisa Jerin, Barberton, Ohio

I was diagnosed with stage IV terminal breast cancer in August 2009. At the time of the diagnosis, I felt I had already lost. The cancer, barring a miracle, would kill me. Yet I wanted to live and enjoy life. Who can put a value on my life or any other? We do have a health-care crisis, but I don't want to be made to feel my illness is the problem.

Judith Curtis Brown, Rockville, Indiana

Stiff, No Tip

It's no surprise that Steve Dublanica, a former server, proposes that one should tip even when the service has been bad ("The New Rules for Tipping"). I'm also a former server, but I disagree. I say stiff the bad server. All those working with him will pressure him to provide better service.

Mark D. Randall, Sandy, Utah

Boomerang Credit

I have a surprise addition to the list of what determines a credit score ("Credit Shock"). With a 50-year credit history of always paying bills immediately and never being late or missing a payment on my mortgage (long ago paid off), I felt my credit rating wasn't as high as it should be, and I contacted a rating agency. Why wasn't my score higher? Because I did not have a mortgage! Rather than getting credit for having managed my money so that in retirement I no longer had such indebtedness, I was being punished for it. There is no justice in this world.

Barbara Kuslan, Wallingford, Connecticut

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Don't Let Mold Move In!

Mold and mildew never stop looking for ways to sneak into your home and spread out. So take a moment to learn about mold's effect on you and how to evict these unwanted guests before they settle in!

Do I have mold in my home?

Nearly 100 percent of American homes contain mold. Look for discolored patches, such as black streaks in grout or a red stain on your shower curtain. Mold also thrives in less visible places like windowsills and refrigerator seals. A musty odor is a good indicator that there's mold hanging around that you can't see.

Is mold bad for my health?

While low levels of mold will generally have little effect on you, exposure to indoor mold can aggravate asthma and trigger allergies. More extreme infestations can contribute to a range of respiratory conditions. And remember, just because you can't see mold doesn't mean it isn't there.

How do I permanently kill mold?

Soap and detergents can remove mold stains but do not actually kill or prevent mold. Regular cleaning with a bleach-based product like Tilex® Mold & Mildew Remover instantly and effectively kills mold as well as mildew,* letting you breathe a little easier.

*Use as directed.



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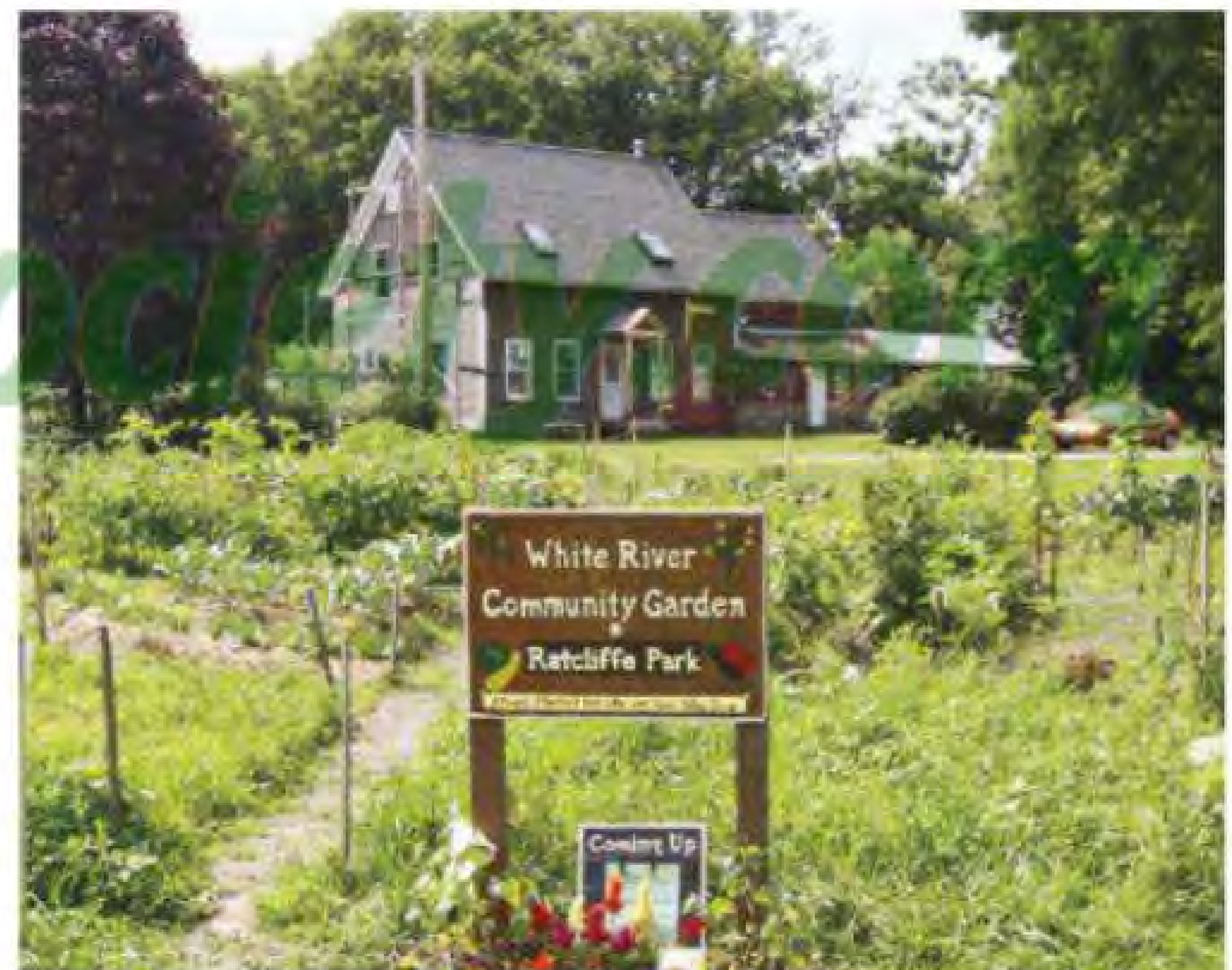
1 Taylorville, Illinois
Pigs living under the county courthouse were so loud, Abraham Lincoln requested a "writ of quietus" for them.



2 Coleman, Michigan
When a local was killed in Iraq, the townspeople created a memorial to honor all fallen U.S. soldiers.



3 Pawling, New York
A local church hosts an annual blessing of the animals for all: dogs, hamsters, and even snakes and hermit crabs.



4 White River Junction, Vermont
What began as a children's neighborhood garden has turned into an organic food bank for the town.

CLOCKWISE FROM TOP LEFT: COURTESY DEE KRUEGER; COURTESY DARLENE LEIST; COURTESY MARY GRAHAM; COURTESY LAURIE PRZYBOROWSKI SPENS

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Keep Mold and Other Unwanted Guests OUT of Your Bathroom!

Once you've cleared your bathroom of mold with Tilex® Mold & Mildew Remover, make sure it never comes back. Try these simple tips to keep your bathroom sparkling every day.

Spritz for success After each use, spray your shower and bath walls, glass door and curtain with a daily shower cleaner to prevent the growth of mold on wet surfaces.

Disinfect daily Routinely sanitize the surfaces of your tub, sink and toilet to keep them germ-free and kill microbes that can feed mold.

Be ready Keep Tilex® Mold & Mildew Remover on hand for when you need a little extra help. It is specially formulated to kill mold and mildew, and helps keep your bathroom beautiful and germ-free every day.

Stop mold at the source Soap and detergents can remove mold stains but do not actually kill or prevent mold. Regular cleaning with a bleach-based product like Tilex® Mold & Mildew Remover effectively kills mold as well as mildew at the source.*

Get some fresh air Leave the bathroom fan on or open a window after showering to lower humidity and discourage mold growth.

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Reflect your effort You spend time in front of the mirror every day, and you don't want to see grime, so make sure to clean it often.

Send those uninvited stains, mold and germs packing for good with Tilex®.

*Use as directed.



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A Sailor's Savior

BY MELODY WARNICK

- **Who:** Marianne Naslund, 42
- **What:** Gave a troubled kid a home
- **Where:** Sultan, Washington

ڈاٹ کام

The blistering fights that erupted from the house down the street were legendary in Marianne and Kevin Naslund's neighborhood. "They echoed off the hillside," says Marianne. "Everyone got to hear the yelling." During one particularly nasty fight in February 2008, the neighbors' 16-year-old son, Andy Livasy, was hit by his stepfather. Watching police cars swarm the street, Marianne realized that she had to help Andy before he ran away or "became an angry person who turned to drugs and alcohol" for comfort.

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A few days later, she offered Andy a spot on the Naslunds' living room couch. Over his parents' objections, Andy, who knew Marianne's sons, Nick, then 15, and Jake, then 13, accepted. No one understood why Marianne, a dynamo who sat on the Sultan city council and coaches the high school cheerleading squad, would take

Watch a video of Marianne Naslund and Andy Livasy on your iPad or Kindle Fire by downloading the *Reader's Digest* app or by going to rd.com.

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PHOTOGRAPHED BY ANDY GOODWIN

THREE BRIGHT (GREEN) IDEAS

Last year, the environmental minds behind **greentowns.com** posed a question—How Green Is Your Town?—to kick off their campaign celebrating eco-friendly efforts across the country and to inspire other towns to go green. Three heroic initiatives leading the way:

GROW FREE VEGGIES

Local food experts in **Denver** created the volunteer-staffed Grow Local Colorado and partnered with the city's Parks Stewardship program to plant vegetable gardens in seven city parks. They harvested 2,789 pounds of produce, which was donated to local food banks and shelters.

POWER, DON'T POLLUTE

West Texas wind turbines provided more than 400 million kilowatt-hours of power for **Houston** residents last year, earning the city the No. 1 ranking on the Environmental Protection Agency's Green Power Partnership 2011 list.

SIGHTSEE BY TRAIN

Green-minded travelers in **Los Angeles** started L.A. Electric Travel to offer tourists and locals an online guide to more than 300 destinations using only the city's light rail. The site, la-electric-travel.com, recommends restaurants, museums, beaches, and more—all reachable by each of L.A.'s five rail lines.

in a troubled teen like Andy. Then a high school sophomore, Andy scowled at the world from beneath a mess of shaggy blond hair and picked fights with Nick and Jake. At the local high school, he either slept through classes or made them a nightmare for teachers.

But Marianne saw herself in Andy. She, too, had grown up in an unsettled household, "with a lot of yelling and not a lot of love." No matter what, she told people, "kids are not disposable." Surprisingly, her children understood. "Sometimes Andy could be a downright bully to me," says Jake, "but when I thought about the future Andy would face if we turned him away, I just couldn't let myself be a part of that."

It wasn't easy. For Andy, moving in with the Naslunds was like entering a foreign country of chores and consequences and family dinners—after years of eating most meals alone. "I was used to getting screamed at if I ever messed up, so I was kind of waiting for that," says Andy. But the day he was suspended from high school for fighting, the screaming and epithets never materialized. Instead, Marianne calmly asked why he did it, listened to Andy's explanation, and declared computers and TV off-limits for the duration of the suspension.

"Marianne did it so that instead of fearing a punishment, I didn't want to let her down," says Andy. "I didn't get into another fight for the rest of high school."

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-Olivia, adopted June 2011

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With his biological family, Andy had yelled himself into regular migraines. With the Naslunds, his headaches disappeared, along with most of his angry meltdowns. After six months, he asked Kevin to cut his hair. Two years later, he volunteered to coach youth soccer. And though few adults expected it from the boy with the grade-F mouth, in 2010 he graduated on time from Sultan's alternative high school. "If I hadn't moved in with the Naslunds, I probably would have dropped out," Andy says.

"What were the chances of my living across the street from someone who had a similar childhood?" says Andy.

After four years, Marianne calls Andy her third son, and "if someone asks about my family, I say that he's one of my brothers," says Jake. Andy has had no contact with his mom and stepdad since moving out, even though they still live in the neighborhood and say they're pleased with how their son has turned out. And Andy, who recently joined the Navy, at age 19, knows where he's heading when he comes home on leave.

Says Andy, "What were the chances of my living across the street from someone who had a similar childhood, like Marianne, who would take me in and explain, 'You can change your life around'?" ■

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The Digest

The Best for April



JOSE A. GALLEGO

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Birds in Plume

Come spring, the plumage of the magnificent cattle egret becomes abundant and lacy, and its color deepens from buff to gold as nesting time draws near. North American breeding season begins in April. Male egrets industriously fly to and fro, between forest and nest, carrying twigs and sticks in their beaks to deliver to females, who do most of the arranging. How do we know? A little bird told us.

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RECIPES

Cute Confections

Our sister publication, *Taste of Home,* shares its most popular Easter dishes. These fun recipes are almost too adorable to eat—almost, that is.

FROM **tasteofhome.com**



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Easter Bunny Bread

Prep: 20 min. plus rising
Bake: 25 min. plus cooling
Yield: 24 servings

- 2 loaves (1 lb. each) frozen bread dough, thawed
- 2 raisins
- 2 sliced almonds
- 1 egg, lightly beaten
- Lettuce leaves
- Dip of your choice

1. Cut off a fourth of 1 loaf of dough; shape into a pear to form head. For body, flatten remaining portion into 7-by-6-in. oval; place on greased baking sheet. Place head above body. Make narrow cuts, about ¾ in. deep, on each side of head for whiskers.

2. Cut second loaf into 4 equal portions. For ears, shape 2 portions into 16-in. ropes; fold ropes in half. Arrange ears with open ends touching head. Cut a third portion of dough in half; shape each into 3½-in. oval for back paws. Cut two 1-in. slits on top edges of each oval for toes. Position on either side of body.

3. Divide fourth portion of dough into 3 pieces. Shape 2 pieces into 2½-in. balls for front paws; shape remaining piece into two 1-in. balls for cheeks and one ½-in. ball for nose. Place paws on either side of body; cut two 1-in. slits for toes. Place cheeks and nose on face. Add raisins for eyes and almonds for teeth.

4. Brush dough with egg. Cover and let rise in a warm place until doubled, about 30 to 45 minutes. Bake at 350° F. for 25 to 30 minutes or until golden brown. Remove to wire rack to cool.

5. Place bread on lettuce-lined 16-by-13-in. serving tray. Cut 5-by-4-in. oval in center of body. Hollow out bread, leaving ½-in. shell (discard removed bread or save for another use). Line with lettuce and fill with dip.



The bunny teeth are made of almonds and the eyes of raisins!

Peeps Sunflower Cake

Prep: 15 min.
Bake: 30 min. plus cooling
Yield: 12 servings

- 1 package (18¼ oz.) yellow cake mix
- 2 cans (16 oz. each) chocolate frosting
- 19 yellow chick Peeps candies
- 1½ cups semisweet chocolate chips

1. Prepare and bake cake according to package directions, using 2 greased and waxed paper–lined 9-in. round baking pans. Cool for 10 minutes before removing layers from pans and placing on wire racks to cool completely; carefully remove waxed paper.

2. Level tops of cakes. Spread frosting between cake layers and over top and sides.

3. Without separating Peeps and curving slightly to fit, arrange chicks around edge of cake to form sunflower petals. For sunflower seeds, arrange chocolate chips in center of cake.

For more Easter recipes, visit rd.com/april.

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VISUAL FEAST

All You Can Cheat

Ever wonder how to make the most of your trip to the buffet? Shen Hongrui, a Chinese engineer, started a trend dubbed "salad bar hacking" by building this three-foot food tower. **Here's how it works:** First, fill a bowl and lay carrot sticks on top. Next, build walls by layering cucumber, orange, and tomato slices. Lastly, fill the tower with your choice of food. This practice became so popular in Hongrui's native China that it caused local Pizza Huts to shut down their salad bars, reports the *Daily Mail.*

Lauren Gniazdowski



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McCormick® Spiced Springtime Sugar Cookies

INGREDIENTS
- 2 ⅓ cups flour
- 1 tsp. baking soda
- 1 tsp. McCormick Ground Cinnamon
- ¼ tsp. McCormick Ground Nutmeg
- ¼ tsp. salt
- 1 ¼ cups sugar
- 1 cup (2 sticks) butter, softened
- 1 egg
- 2 tsp. McCormick Pure Vanilla Extract
- Colorful Cookie Glaze (Visit mccormick.com for Glaze recipe)

MIX flour, baking soda, cinnamon, nutmeg and salt. Beat sugar and butter in large bowl with electric mixer on medium speed until light and fluffy. Add egg and vanilla; mix well. Gradually beat in flour mixture on low speed until well mixed. Refrigerate 2 hours or overnight until firm.

ROLL out dough on lightly floured surface to ⅛-inch thickness. Cut into shapes with cookie cutters. Place on greased baking sheets.

BAKE in preheated 375°F oven 8 to 10 minutes or until lightly browned. Cool on baking sheets 1 minute. Remove to wire racks; cool completely. Decorate cooled cookies with Colorful Cookie Glaze. Place on wire rack to dry.
Makes 6 dozen.



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KITCHEN CULTURE

The Case for Recipe Cards

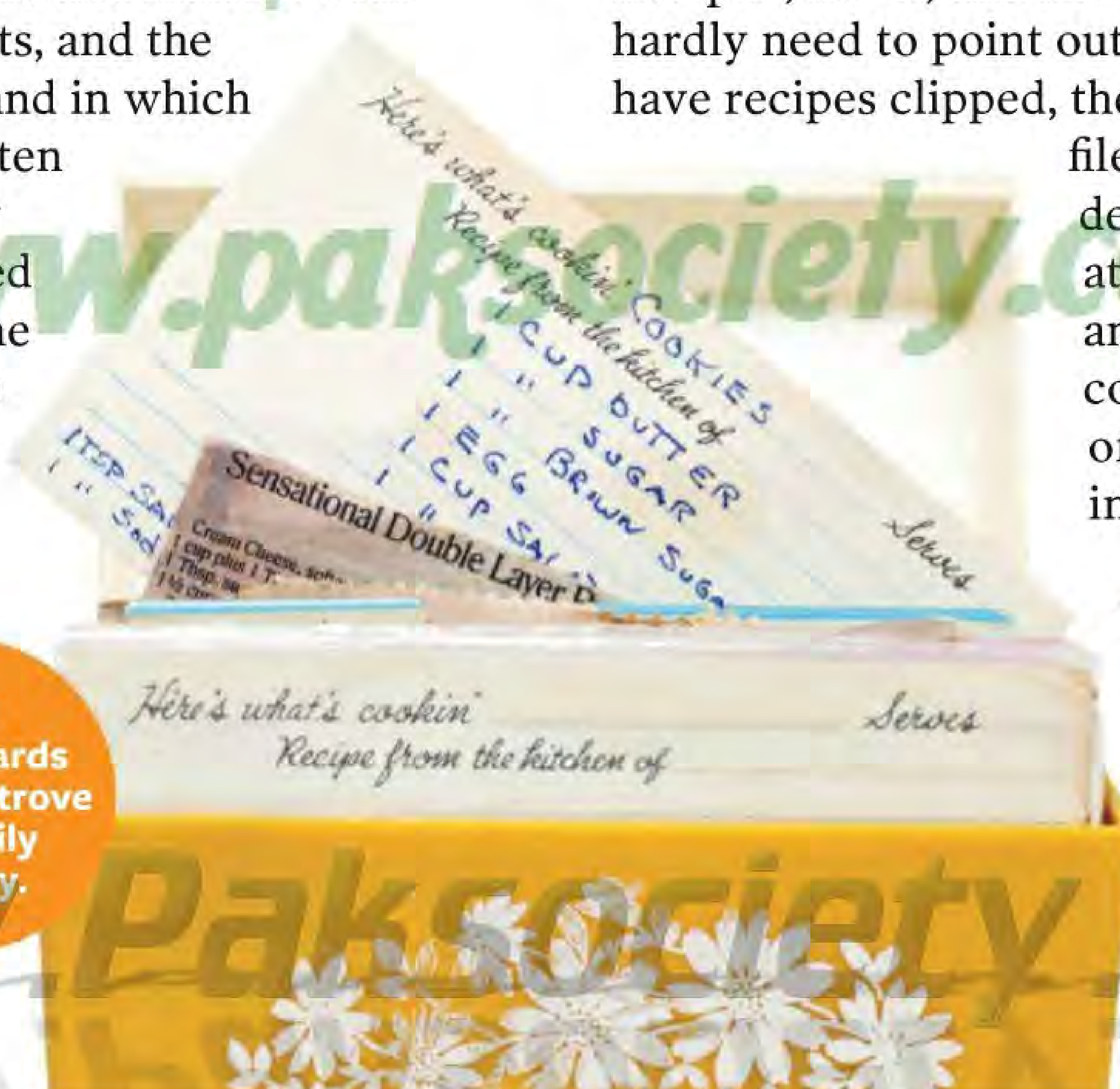
How we started bequeathing our favorite recipes via index cards—and what will be lost if they disappear

BY KATIE ARNOLD-RATLIFF FROM **slate.com**

When my great-grandmother Pauline died 20 years ago, my mother requested only one item from among her possessions: her old recipe file. By then, my mother had known for decades how to make the sour cream raisin pie and boiled fudge described therein. What she really wanted was the history. Tucked inside the file were photos and notes, mementos from a life that encompassed a long marriage, two continents, and children who had gone on to have their own children. The file was spattered with grease stains and marked with thumbprints, and the crabbed hand in which it was written had visibly deteriorated between the first recipe and the last. My great-grandmother was a stoic German woman; she wouldn't have poured her heart into a diary. So this file was the nearest approximation, the most intimate thing she left behind.

My mother makes that sour cream raisin pie most every Thanksgiving—that time of year when, for many of us, creating a signature dish means hauling out the grandma-certified documents that explain how it's made. If you still have any, that is. As the shiny touch-screen device in your purse has all but replaced your phone book, address book, calendar, notepad, novel, and newspaper, I hardly need to point out that if we have recipes clipped, they're in a file on our desktop—or at best, in an iPad app composed of digital index cards.

Ironically, it's only been in the past 200 years or so that women >>



Real recipe cards are a rich trove of family history.

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bothered to write down their recipes at all—they typically taught by example. But as literacy became more widespread in the 19th century, women slowly shifted to writing

A recipe box "serves as a treasury of knowledge you've gained."

down their instructions. As the format gained traction, magazines recognized an opportunity: They began offering readers subscriptions to recipes printed on heavy cards branded with the magazine's logo and mailed out every six to eight weeks. Thus began the rise of the recipe card. Between the 1930s and mid-'90s, few women's magazines neglected to offer this service.

However much trust women may have placed in the test kitchens of *Ladies' Home Journal* or *McCall's,* ultimately they went on to write out their own recipe cards, swapping them with friends and sisters and daughters and commemorating their origins with titles like "Mrs. Johnson's Coffee Cake." This ritual seems to be rooted in the same impulse that makes us keep shelves of books we've already read and snap photos of every vacation we take: We like to reassure ourselves of that which we already know. A recipe box "serves as a treasury of the

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knowledge you've gained," says Amy Bentley, associate professor of food studies at New York University.

Our info-hoarding impulse hasn't changed, of course—but what we do with it has, radically. Over time, television and online recipe sites have displaced our reliance on family and friends for sustenance, supplying us instead with new culinary idols. Even though I've never made Grandma Pauline's bean soup with dumplings, I've made Tyler Florence's corn chowder—and that makes me sad. Sadder still, if we're swapping recipes these days, we're probably doing it via e-mail, sending off these fragments of our personal histories to be archived or deleted once the brownies or meatballs or enchiladas are made, replacing our handwriting with the hollow uniformity of a sans serif font. The recipe card may be in dire peril—but it's not quite dead yet. Isn't the recipe card, like '60s fashions and the classic cocktail, the sort of thing our nostalgia-obsessed culture might want to revive? I like the idea of bringing the recipe card, in all its grease-smudged idiosyncratic glory, back from the brink. And I especially like the idea of my great-grandkids flipping through my own box of recipe cards after I'm gone, touching paper my fingers touched and admiring my as-yet-uncrabbed penmanship. ■

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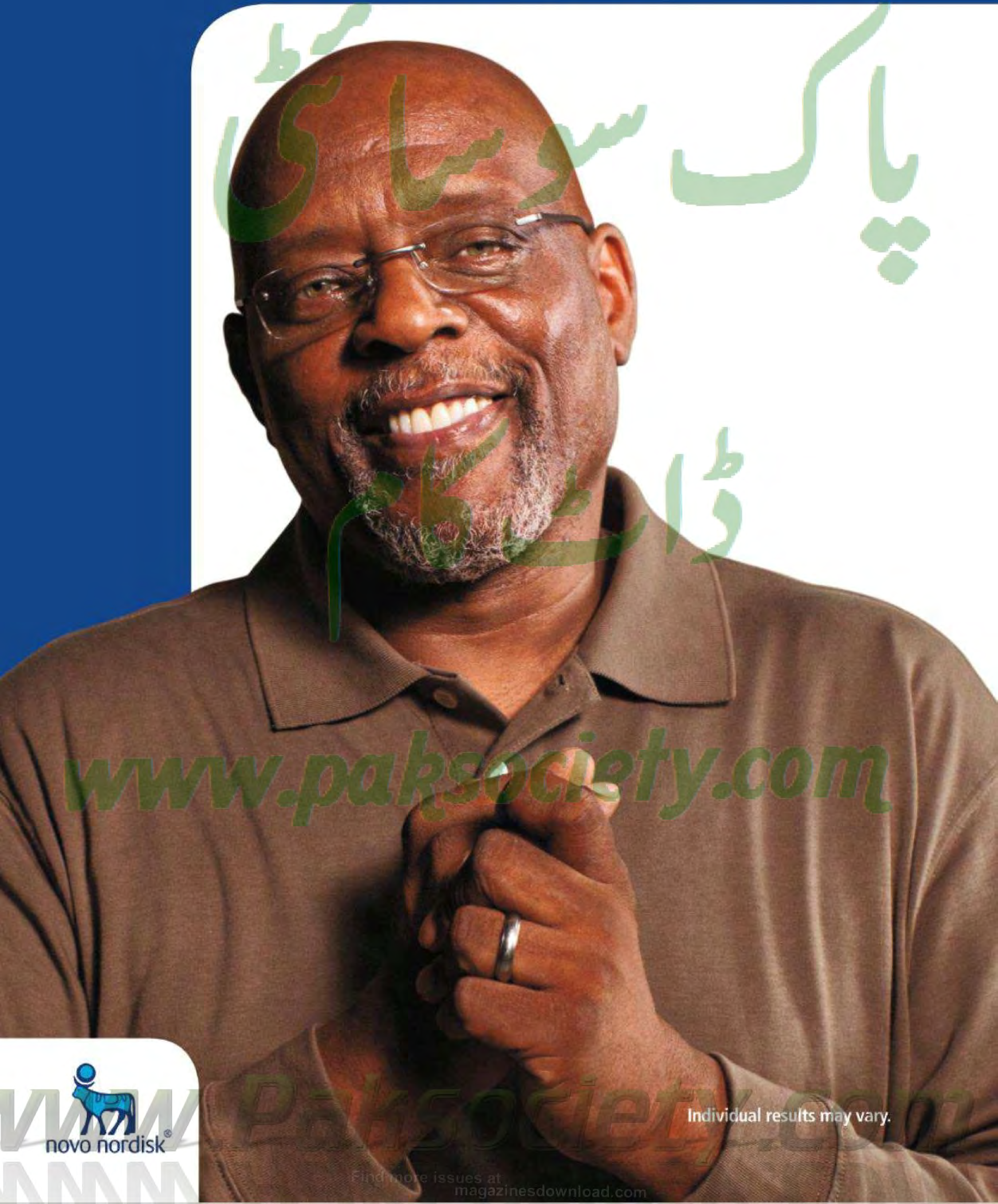
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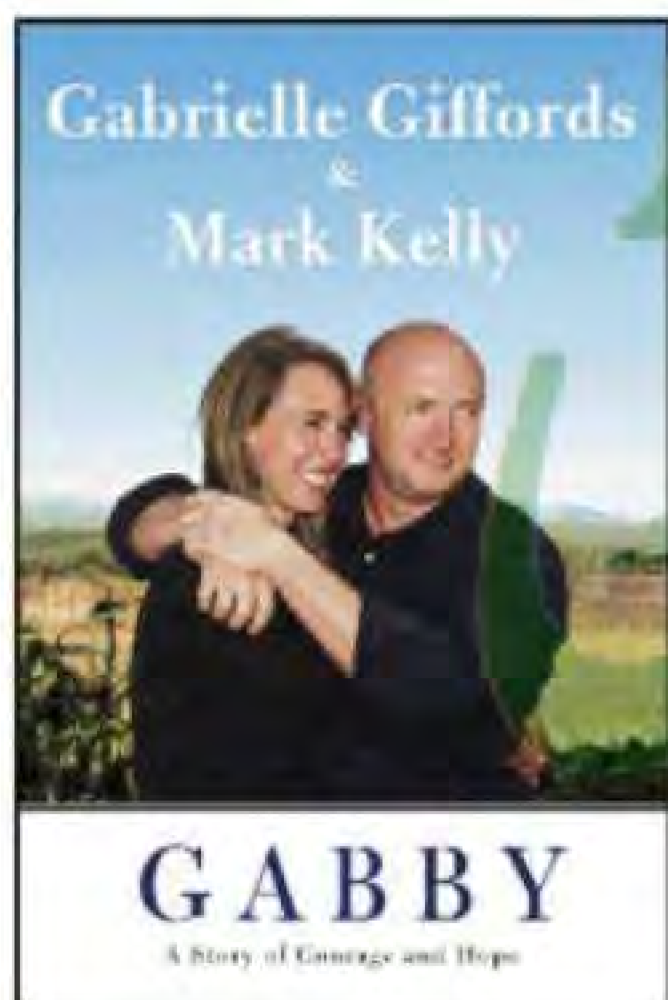
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EXCERPT

Lasting Lessons

Gabrielle Giffords's husband, astronaut Mark Kelly, on the beauty in patience



Giffords recently resigned from Congress to focus on her recovery.

ADAPTED FROM THE BOOK ***Gabby: A Story of Courage and Hope***

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Our spouses are often our teachers, guiding us in ways that may be clear only in retrospect. I have been struck by this realization again and again in the year since my wife, Gabby Giffords, former Arizona congresswoman, was almost killed in an assassination attempt.

As she struggled to regain her ability to speak, I became her student, remembering vital things she taught me years ago. At first, she couldn't say anything at all, which left her scared and stuck inside herself. I remember one particularly rough day, about a month after the shooting, when I went into Gabby's room and found her sitting in her wheelchair, absolutely panicked. Gabby motioned with her left hand, waving it by her mouth. She had tried to speak, and no words came out. She cried, and I cried with her.

DAN WINTERS

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By mid-February 2011, six weeks after the shooting, she had begun formulating words, but they were often delivered haltingly or incorrectly. For Gabby, it was terribly frustrating. For those of us who loved her, it was dispiriting to see a woman who had been so articulate reduced to grasping for syllables. But in my role as a caregiver, I found myself buoyed by recalling Gabby's voice from earlier times.

In 2006, after my second spaceflight, Gabby and I got to have lunch with the legendary British astrophysicist Stephen Hawking. Dr. Hawking is paralyzed, and it takes him an excruciatingly long time to say anything. I quickly gave up trying to converse with him. But Gabby kneeled down in front of his wheelchair and said, "Dr. Hawking, how are you today?" Then she stared into his eyes and waited patiently and silently. He took ten minutes to reply. She could have waited an hour. My memory of that encounter helped me understand how I'd need to interact with Gabby during her recovery.

At the time Gabby was shot on January 8, 2011, I was preparing to serve as commander of the next shuttle mission. Gabby was starting her third term in Congress. She was scheduled to undergo fertility treatment on January 10. We hoped she'd be pregnant soon.

One of her speech therapists recently asked her: "Given all the pain and sadness, are you glad you survived?" "Yes, yes, yes," Gabby said. The therapist, Nancy Helm-Estabrooks, was struck by her lack of hesitation. But again, Gabby was my teacher. I saw that her commitment to recover was clearly rooted in her innate optimism, her relentless drive, and her relationships with those she loved.

She's doing so much better now. Her comprehension is 100 percent, and she's speaking in sentences. She spends 40 hours a week in four kinds of therapy.

We have embraced the idea that we are each other's teacher. The lessons continue every day.

Just as Gabby has taught me so much, I've tried to find ways to help her see a path back to herself. November 10 was our fourth wedding anniversary, and I surprised Gabby by inviting a cellist from the Houston Symphony to serenade us during dinner at our home. As the cellist played Bach, I explained to Gabby that the musician had suffered a traumatic brain injury after a 2009 motorcycle accident and has since returned to work.

Like so many couples, Gabby and I have embraced the idea that we are each other's teacher—and that the lessons continue every day. ■

ADAPTED FROM MARK KELLY'S EXCERPT ON MARIASHRIVER.COM. *GABBY: A STORY OF COURAGE AND HOPE, COPYRIGHT 2011* BY MARK KELLY AND GABRIELLE GIFFORDS, IS PUBLISHED BY SCRIBNER, A DIVISION OF SIMON & SCHUSTER, INC., 1230 AVE. OF THE AMERICAS, NEW YORK, NEW YORK 10020.

PARENTING

Mothers Know Best



"Now that I'm a grandmother," parenting problems don't seem so dire, says Carlson.

The latest installment of the bestselling *Don't Sweat the Small Stuff* books is strictly for moms (it's about time). Author Kristine Carlson gives us stay-cool advice for surviving our children's adolescence and beyond.

● **The stuff that doesn't seem important is.** "As I began to write this book, it sent me into an emotional tailspin that took me by surprise. I had all sorts of feelings about being a mom and some regrets too. There were things I wish I had done more of—silly things, like bake more cookies. When you're in the chaos of family life, you don't know how fast time flies."

● **The stuff that seems important isn't.** "In preschool, one of my daughters had a habit of twisting her hair to the point that it would fall out and leave a small bald spot. Just when I'd gotten really stressed about what to do, she stopped. I learned that kids are constantly changing. What you're worried about now won't be the same a year from now. Life is short. Don't take a day for granted."

● **When it comes to parenting, more isn't always better.** "When you give too much to your children, you're not allowing them to feel the satisfaction that comes from making life better for themselves. Some struggle is good. Encouraging our kids to earn their privilege through hard work is one of the greatest gifts we can give them." *Dawn Raffel*

Reader's Digest RECOMMENDS

A HOT NOVEL

In ***The Flame Alphabet,*** Ben Marcus's brilliant new book, children's speech has become so toxic that parents must flee or die. The book illustrates the palpable power of language, which we ordinarily take for granted, and shows how fraught communication between us can be. For this mother of a household of teens, the story is not as far-fetched as it seems! *Barbara O'Dair*



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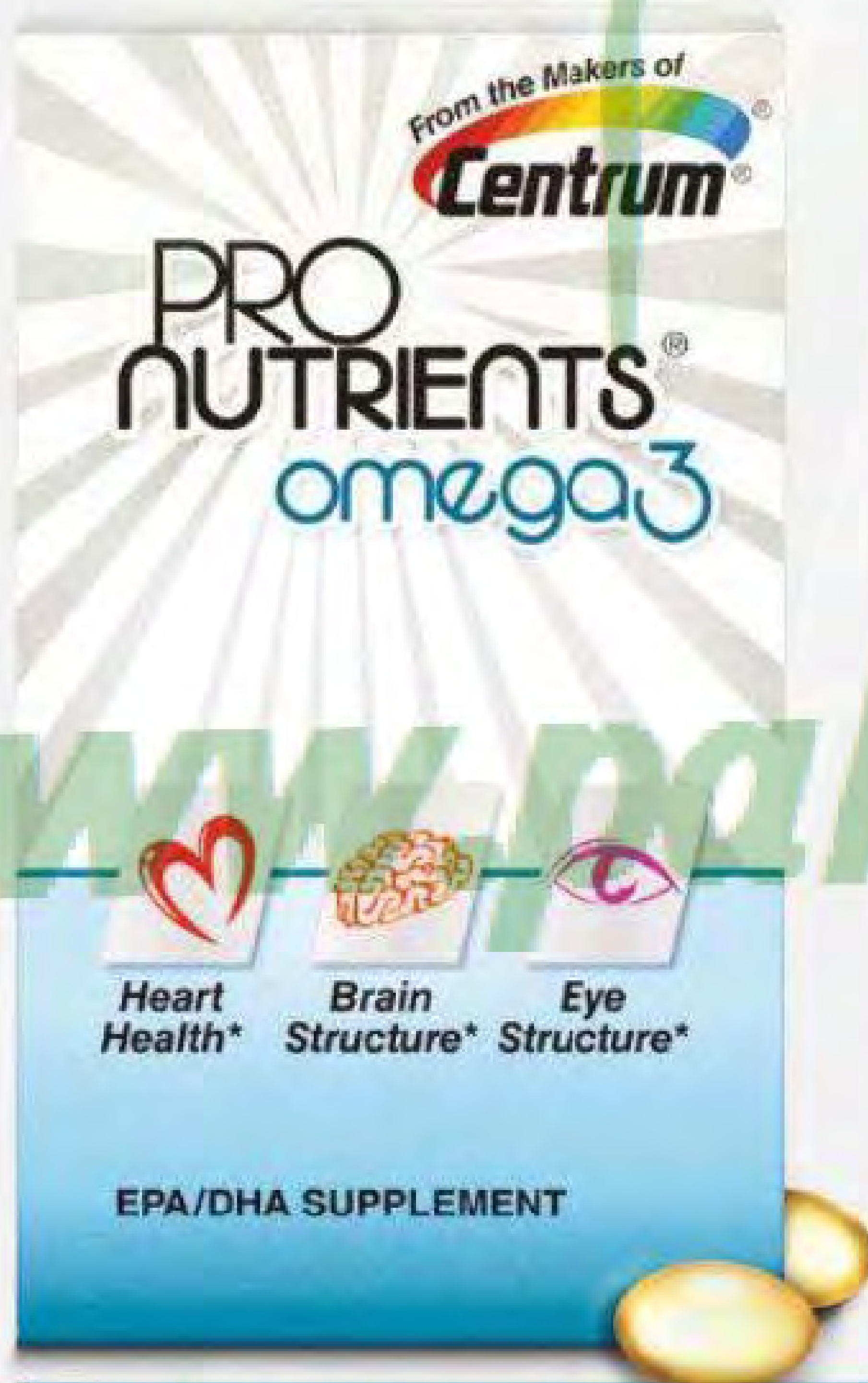
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You've Got Mail (Lots)

How to guard against information overload

BY CHRIS ANDERSON FROM THE *Washington Post*

It's barely 8 a.m., and I'm already drowning in e-mail. In the blink of an eye, my day's priorities have been commandeered. And more missives keep pouring in. It's essentially a fire hose of information all day long.

In the not-too-distant past, when you wanted to set up a meeting, ask for help and advice, or simply share something of interest, you would pick up the phone, send a letter, or meet face-to-face. Each involved a certain amount of effort, tact, and planning. Unless you were extremely close friends or in extreme crisis, you'd have been unlikely to barge into someone's house or office and expect, then and there, 20 minutes of thoughtful, focused attention.

But today, communication is friction-free. You can send a message from anywhere in the world, at any time of the day.

I love the power of instant communication to connect us across continents. But the unintended

ILLUSTRATED BY STEPHEN KRONINGER

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consequence is that the volume of communication is expanding to the point where it threatens to take over our lives. An e-mail inbox has been deemed a to-do list that anyone in the world can add to.

Why is e-mail volume getting ever worse? I believe it's because e-mail is easier to create than to respond to. This seems counter-intuitive—after all, it's quicker to read than to write. But reading a message is just the start. It may contain a hard-to-answer question, such as "What are your thoughts on this?" Or a link to a Web page. Or an attachment. And it may be copied to a dozen other people, all of whom will soon chime in with their own comments. Every hour spent writing and sending messages consumes more than an hour of the combined attention of the various recipients.

One afternoon, after yet another tiring sparring session with the 200-plus messages in my inbox, my colleague Jane Wulf and I made a list of the most burdensome e-mails we'd encountered that day. That lighthearted brainstorming led to a blog post about the problem—a post that has been viewed more than 60,000 times—and an e-mail code of conduct (right).

The points we ended up with encourage senders to reduce the time, effort, and stress required of responders. The idea is not just to change how you e-mail but also to consider whether you should even be sending an e-mail in the first place. ■

READ BEFORE HITTING SEND

1) Respect recipients' time. The onus is on the sender to minimize the time e-mail takes to process.

2) Give some leeway. It's OK if replies take a while to come back and if the responder doesn't give detailed responses to all your questions.

3) Be clear. Start with a subject line that clearly describes the topic. If the e-mail is longer than five sentences, provide your reason for writing in the first line.

4) Avoid open-ended questions. Don't send a four-paragraph e-mail followed by "Thoughts?" Even well-intended open questions like "How can I help?" may not be that helpful.

5) Slash surplus CCs: CCs are like mating bunnies. For every recipient you add, you are dramatically multiplying total response time.

6) Tighten the thread: It's rare that an e-mail thread should extend to more than three e-mails.

7) Attack attachments: Don't use graphics files as logos or signatures that appear as attachments, and don't send text as an attachment when it could have been included in the body of the e-mail.

8) Cut contentless responses: A response saying "Thanks for your note ... I'm in" does not call for you to reply "Great." That just cost someone another 30 seconds.

9) Disconnect: If we all agreed to spend less time e-mailing, we'd all get less e-mail!

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- **Sell it back.** Websites gazelle.com, nextworth.com, and buymytronics.com will buy many used electronics and even pay for you to ship your old devices to them.

- **Send it to Apple.** Drop off your old iPhone, iPad, Mac, or PC at an Apple retail store (or mail it in) to determine if it qualifies for reuse. If it does, Apple will apply the amount of its value to an Apple gift card, which you can use at any Apple retail or online store. If your device is useless, the company will recycle it for free.



- **Make a deposit.** The ecoATM, located in grocery and big-box stores in about 50 locations mostly on the West Coast, gives you cash or a gift card for your cell phone or MP3 player. Place the device in the machine, and get an estimate of its worth in a couple of minutes. If you want to recycle it, you can opt for cash, store credit, or a donation to charity.

Sources: Squidoo.com, *Huffington Post*, padgadget.com

NOTABLE QUOTE



"Try putting your iPhones down once in a while, and look at people's faces. People's faces will tell you amazing things. Like if they are angry, or nauseous, or asleep." **AMY POEHLER**

From her 2011 commencement speech at Harvard University

Reader's Digest RECOMMENDS

A PAPERLESS FILE FOLDER

I think of **evernote.com** as my own online filing cabinet. As I'm trolling the Web, I can take a screen shot of an intriguing article or image and file it by category in folders I've set up on Evernote. That way, when I'm looking for, say, my cache of vacation destination ideas (hey, a girl can dream), they're all in one place. I can also share folders with friends and coworkers to track what they find interesting. *Beth Dreher*

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Do not use Spiriva® HandiHaler® if you are allergic to tiotropium or ipratropium (e.g., Atrovent®) or any of the ingredients in SPIRIVA. If your breathing suddenly worsens, your face, throat, lips, or tongue swells, you get hives, itching or rash, stop taking SPIRIVA and seek immediate medical help.

SPIRIVA HandiHaler is not a rescue medicine and should not be used for treating sudden breathing problems.

Do not swallow SPIRIVA capsules. The contents of the capsule should only be inhaled through your mouth using the HandiHaler device.

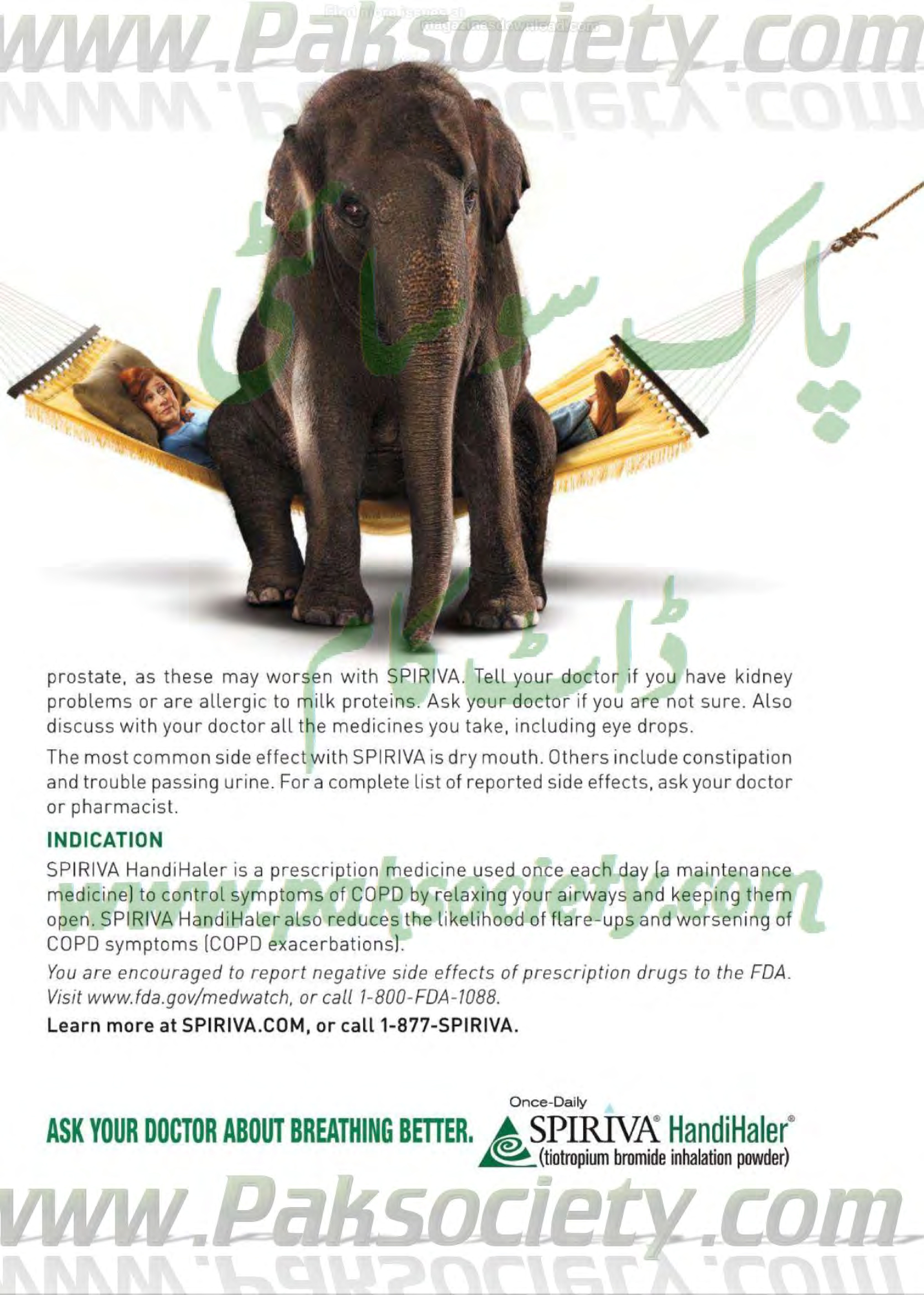
If you have vision changes or eye pain or if you have difficulty passing urine or painful urination, stop taking SPIRIVA and call your doctor right away.

Tell your doctor if you have glaucoma, problems passing urine or an enlarged

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prostate, as these may worsen with SPIRIVA. Tell your doctor if you have kidney problems or are allergic to milk proteins. Ask your doctor if you are not sure. Also discuss with your doctor all the medicines you take, including eye drops.
The most common side effect with SPIRIVA is dry mouth. Others include constipation and trouble passing urine. For a complete list of reported side effects, ask your doctor or pharmacist.
INDICATION
SPIRIVA HandiHaler is a prescription medicine used once each day (a maintenance medicine) to control symptoms of COPD by relaxing your airways and keeping them open. SPIRIVA HandiHaler also reduces the likelihood of flare-ups and worsening of COPD symptoms (COPD exacerbations).
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PATIENT INFORMATION

SPIRIVA® (speh REE vah) HandiHaler® (tiotropium bromide inhalation powder)

	**Do NOT swallow SPIRIVA capsules.**

Important Information: Do not swallow SPIRIVA capsules. SPIRIVA capsules should only be used with the HandiHaler device and should only be inhaled through your mouth (oral inhalation).

Read the information that comes with your SPIRIVA HandiHaler before you start using it and each time you refill your prescription. There may be new information. This leaflet does not take the place of talking with your doctor about your medical condition or your treatment.

What is SPIRIVA HandiHaler?

- SPIRIVA HandiHaler is a prescription medicine used each day (a maintenance medicine) to control symptoms of chronic obstructive pulmonary disease (COPD), including chronic bronchitis and emphysema.
- SPIRIVA HandiHaler helps make your lungs work better for 24 hours. SPIRIVA HandiHaler relaxes your airways and helps keep them open. You may start to feel like it is easier to breathe on the first day, but it may take longer for you to feel the full effects of the medicine. SPIRIVA HandiHaler works best and may help make it easier to breathe when you use it every day.
- SPIRIVA HandiHaler reduces the likelihood of flare-ups and worsening of COPD symptoms (COPD exacerbations). A COPD exacerbation is defined as an increase or new onset of more than one COPD symptom such as cough, mucus, shortness of breath, and wheezing that requires medicine beyond your rescue medicine.

SPIRIVA HandiHaler is not a rescue medicine and should not be used for treating sudden breathing problems. Your doctor may give you other medicine to use for sudden breathing problems.

It is not known if SPIRIVA HandiHaler is safe and effective in children.

Who should not take SPIRIVA HandiHaler?

Do not use SPIRIVA HandiHaler if you:

- are allergic to tiotropium, ipratropium (Atrovent®), or any of the ingredients in SPIRIVA HandiHaler. See the end of this leaflet for a complete list of ingredients in SPIRIVA HandiHaler.

Symptoms of a serious allergic reaction to SPIRIVA HandiHaler may include:

- raised red patches on your skin (hives)
- itching
- rash
- swelling of the face, lips, tongue, and throat that may cause difficulty in breathing or swallowing

If you have these symptoms of an allergic reaction, stop taking SPIRIVA HandiHaler and call your doctor right away or go to the nearest hospital emergency room.

What should I tell my doctor before using SPIRIVA HandiHaler?

Before taking SPIRIVA HandiHaler, tell your doctor about all your medical conditions, including if you:

- have kidney problems.
- have glaucoma. SPIRIVA HandiHaler may make your glaucoma worse.
- have an enlarged prostate, problems passing urine, or a blockage in your bladder. SPIRIVA HandiHaler may make these problems worse.
- are pregnant or plan to become pregnant. It is not known if SPIRIVA HandiHaler could harm your unborn baby.
- are breast-feeding or plan to breast-feed. It is not known if SPIRIVA HandiHaler passes into breast milk. You and your doctor will decide if SPIRIVA HandiHaler is right for you while you breast-feed.
- have a severe allergy to milk proteins. Ask your doctor if you are not sure.

Tell your doctor about all the medicines you take, including prescription and non-prescription medicines and eye drops, vitamins, and herbal supplements. Some of your other medicines or supplements may affect the way SPIRIVA HandiHaler works. SPIRIVA HandiHaler is an anticholinergic medicine. You should not take other anticholinergic medicines while using SPIRIVA HandiHaler, including ipratropium. Ask your doctor or pharmacist if you are not sure if one of your medicines is an anticholinergic.

Know the medicines you take. Keep a list of your medicines with you to show your doctor and pharmacist when you get a new medicine.

How should I take SPIRIVA HandiHaler?

- Use SPIRIVA HandiHaler exactly as prescribed. Use SPIRIVA HandiHaler one time every day.
- Read the "Instructions for Use" that comes with your prescription before you use SPIRIVA HandiHaler. Talk with your doctor if you do not understand the instructions.
- **Do not swallow SPIRIVA capsules.**
- **Only use SPIRIVA capsules with the HandiHaler device.**
- **Do not use the HandiHaler device to take any other medicine.**
- SPIRIVA HandiHaler comes as a powder in a SPIRIVA capsule that fits the HandiHaler device. Each SPIRIVA capsule, containing only a small amount of SPIRIVA powder, is one full dose of medicine.
- Separate one blister from the blister card. Then take out one of the SPIRIVA capsules from the blister package right before you use it.
- After the capsule is pierced, take a complete dose of SPIRIVA HandiHaler by breathing in the powder by mouth two times, using the HandiHaler device (take 2 inhalations from one SPIRIVA capsule). See the **Instructions for Use** that comes with your prescription.
- Throw away any SPIRIVA capsule that is not used right away after it is taken out of the blister package. Do not leave the SPIRIVA capsules open to air; they may not work as well.

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- If you miss a dose, take it as soon as you remember. Do not use SPIRIVA HandiHaler more than one time every 24 hours.
- If you use more than your prescribed dose of SPIRIVA HandiHaler, call your doctor or a poison control center.

What should I avoid while using SPIRIVA HandiHaler?

- Do not let the powder from the SPIRIVA capsule get into your eyes. Your vision may get blurry and the pupil in your eye may get larger (dilate). If this happens, call your doctor.
- SPIRIVA HandiHaler can cause dizziness and blurred vision. Should you experience these symptoms you should use caution when engaging in activities such as driving a car or operating appliances or other machines.

What are the possible side effects of SPIRIVA HandiHaler?

SPIRIVA HandiHaler can cause serious side effects, including: Allergic reaction. Symptoms may include:

- o raised red patches on your skin (hives)
- o itching
- o rash
- o swelling of the lips, tongue, or throat that may cause difficulty in breathing or swallowing

If you have these symptoms of an allergic reaction, stop taking SPIRIVA HandiHaler and call your doctor right away or go to the nearest hospital emergency room.

- **Sudden narrowing and blockage of the airways into the lungs (bronchospasm).** Your breathing suddenly gets worse.

If you have these symptoms of bronchospasm, stop taking SPIRIVA HandiHaler and call your doctor right away or go to the nearest hospital emergency room.

- **New or worsened increased pressure in the eyes (acute narrow-angle glaucoma).** Symptoms of acute narrow-angle glaucoma may include:
  - o eye pain
  - o blurred vision
  - o seeing halos (visual halos) or colored images along with red eyes

Using only eye drops to treat these symptoms may not work. If you have these symptoms, stop taking SPIRIVA HandiHaler and call your doctor right away.

- **New or worsened urinary retention.** Symptoms of blockage in your bladder and/or enlarged prostate may include: difficulty passing urine, painful urination.

If you have these symptoms of urinary retention, stop taking SPIRIVA HandiHaler and call your doctor right away.

Other side effects with SPIRIVA HandiHaler include:

- upper respiratory tract infection
- dry mouth
- sinus infection
- sore throat
- non-specific chest pain
- urinary tract infection
- indigestion
- runny nose
- constipation
- increased heart rate
- blurred vision

These are not all the possible side effects with SPIRIVA HandiHaler. Tell your doctor if you have any side effect that bothers you or that does not go away. Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

How do I store SPIRIVA HandiHaler?

- **Do not store SPIRIVA capsules in the HandiHaler device.**
- Store SPIRIVA capsules in the sealed blister package at room temperature between 68°F-77°F (20°C-25°C).
- Keep SPIRIVA capsules away from heat and cold (do not freeze).
- Store SPIRIVA capsules in a dry place. Throw away any unused SPIRIVA capsules that have been open to air.

Ask your doctor or pharmacist if you have any questions about storing your SPIRIVA capsules.

Keep SPIRIVA HandiHaler, SPIRIVA capsules, and all medicines out of the reach of children.

General information about SPIRIVA HandiHaler

Medicines are sometimes prescribed for purposes other than those listed in Patient Information leaflets. Do not use SPIRIVA HandiHaler for a purpose for which it has not been prescribed. Do not give SPIRIVA HandiHaler to other people even if they have the same symptoms that you have. It may harm them.

For more information about SPIRIVA HandiHaler, talk with your doctor. You can ask your doctor or pharmacist for information about SPIRIVA HandiHaler that is written for health professionals.

For more information about SPIRIVA HandiHaler, go to www.SPIRIVA.com or call Boehringer Ingelheim Pharmaceuticals, Inc. at 1-800-542-6257 or (TTY) 1-800-459-9906.

What are the ingredients in SPIRIVA HandiHaler?

Active ingredient: tiotropium   Inactive ingredient: lactose monohydrate

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REMEDIES

A Complainer's Guide to Allergy Season

Does your annual battle with pollen feel like the same misery, different year? We teamed up with our friends at *The Doctors* for surprising fixes for your biggest gripes.

BY KAREN RAVN

COURTESY CBS TELEVISION DISTRIBUTION/STAGE 29 PRODUCTIONS

I love spring, but I don't dare venture outside for long.
When the sound of birds chirping instantly triggers a runny nose, you know your allergies are bad. To minimize your worst symptoms, don't go outdoors when pollen counts are highest, between 5 a.m. and 10 a.m., and in hot, dry, or windy weather. One of the best times to enjoy the great outdoors is after a rain shower—the water washes pollen out of the air, says Stanley Fineman, MD, president of the American College of Allergy, Asthma and Immunology. If you take allergy meds, dose up before you head outside.

I vacuum regularly, but it's not helping my symptoms.
If you don't have a high-efficiency particulate air (HEPA) filter in your vacuum cleaner, you may be making your symptoms worse by stirring up pollen that has settled on your floor and furniture, says Selina

LIVE TIPS, STAT!

Check local listings to watch ***The Doctors*** daily, featuring reconstructive surgeon Drew Ordon, MD; pediatrician James Sears, MD; ob-gyn Lisa Masterson, MD; and ER physician Travis Stork, MD. To find out when *Reader's Digest* editor-in-chief Liz Vaccariello will be on the show, go to rd.com/april.



PHOTO/ILLUSTRATION CREDIT

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Gierer, DO, an allergy expert at the University of Kansas Medical Center in Kansas City. Using HEPA filters in your air conditioner or heating system can also help ease allergy symptoms. Some experts suggest placing a freestanding air purifier with a HEPA filter in a high-traffic area.

Antihistamines help, but they make me groggy.
Active ingredients vary among OTC antihistamines, so switching to a medication that contains loratadine (Claritin), fexofenadine (Allegra), or cetirizine (Zyrtec) may help you feel more alert. Or you can take your meds at night so the drowsy effect occurs while you're sleeping, suggests Travis Stork, MD, from *The Doctors*. You can also try eyedrops and nasal sprays, which can be less sedating. If nothing works, ask your doctor if a prescription corticosteroid, which won't cause drowsiness, could help.

I get tired of taking all those drugs.
Try rinsing your sinuses with a saline solution of distilled water and non-ionized salt. This method won't take the place of medication, but it could reduce your need for drugs. In

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one study, participants who rinsed their sinuses twice a day for three to six weeks reported less nasal congestion than those who didn't. (See below for more natural remedies.)

● My nasal spray makes my runny nose worse.

You may be using it too much. If you use a nasal spray longer than the directions suggest (usually about 72 hours), you can develop rhinitis medicamentosa, a "rebound" condition in which your nasal linings swell when you don't spray. ■

Natural Allergy Remedies

Soothe your symptoms with these DIY treatments from *The Doctors.* Ask your physician whether they are safe for you.

● PEPPERMINT ICE

Make ice cubes with water and crushed peppermint leaves. Wrap ice in plastic; applying under your eyes may help soothe sinuses.

● SOOTHING STEAM

Mix warm water, salt, and honey in a large bowl. Place a small towel over your head and inhale the steam from the bowl to clear sinuses.

● SYMPTOM-FIGHTING SIP

Heat crushed garlic, ginger, lemon juice, cayenne pepper, honey, and water in a saucepan. Drink two ounces of the mixture once a day.



Clean out your medicine cabinet annually, say experts.

SPRING-CLEANING

Don't Let Your Health Expire!

A guide to what to toss and when

BATHROOM

Throw out: *Old saline solution, sunscreen, and medications*
Even unopened saline solution and drugs can quickly become less potent past their expiration dates. High temperatures degrade sunscreen; replace it once a year.

BEDROOM

Toss: *Worn-out sneakers*
Running or walking shoes that easily bend in half at the midsole may increase your risk of injury. Average sneaker life span: 300 to 500 miles or about six months.

KITCHEN

Replace: *Old water-pitcher filter*
Most pitcher filters will remove contaminants from 40 gallons of water—about three months' worth of normal use. After that, the filter is useless. No warning light or timer on your filter? Slow flow indicates it's maxed out.

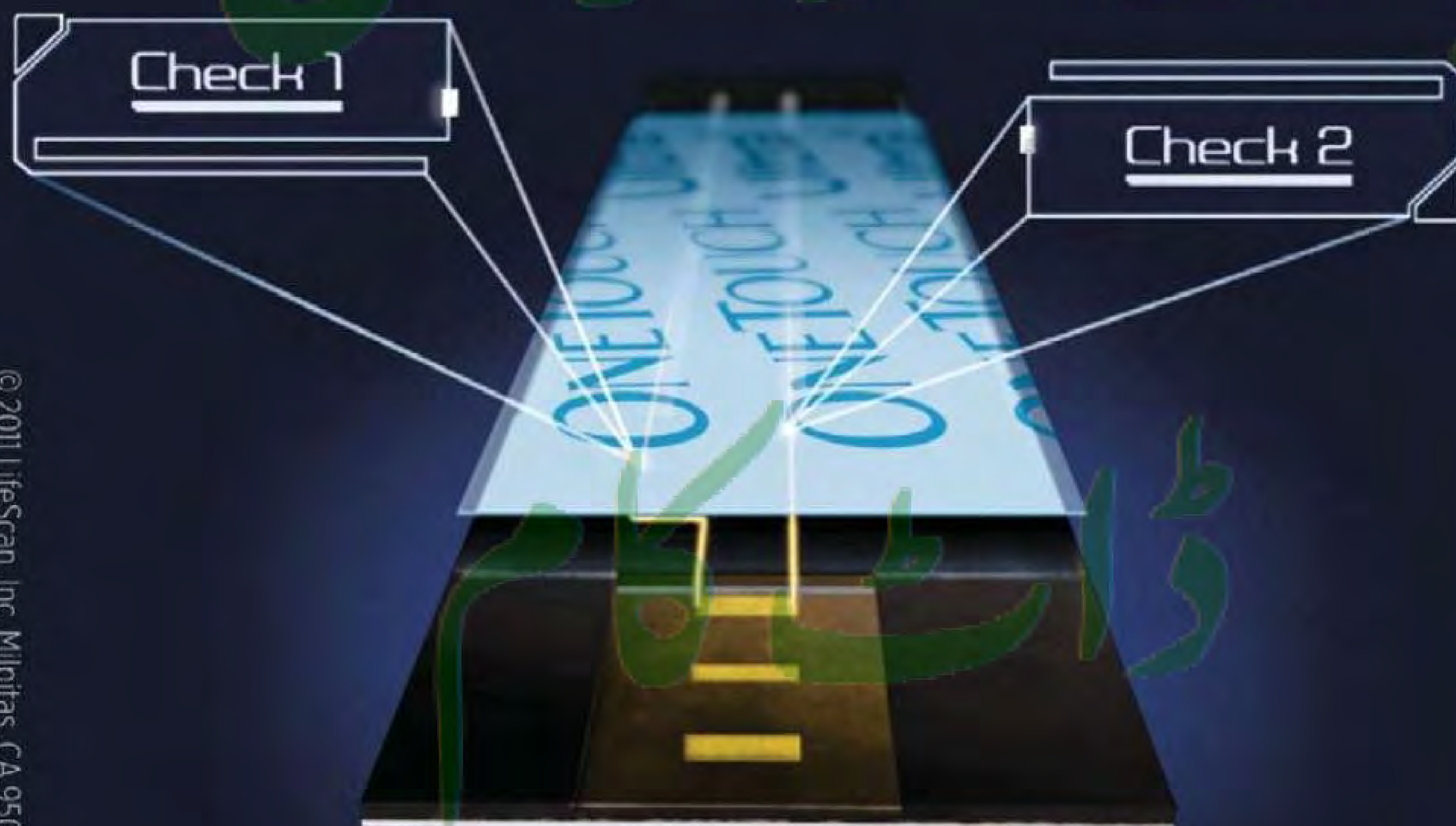
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NUTRITION

Ball Game Bites

Hot dogs and nachos aren't likely to disappear from concession stands anytime soon. Luckily, ballparks are now stocking healthier fare. Here, some stadium selections recommended by registered dietitian Lori Rosenthal.



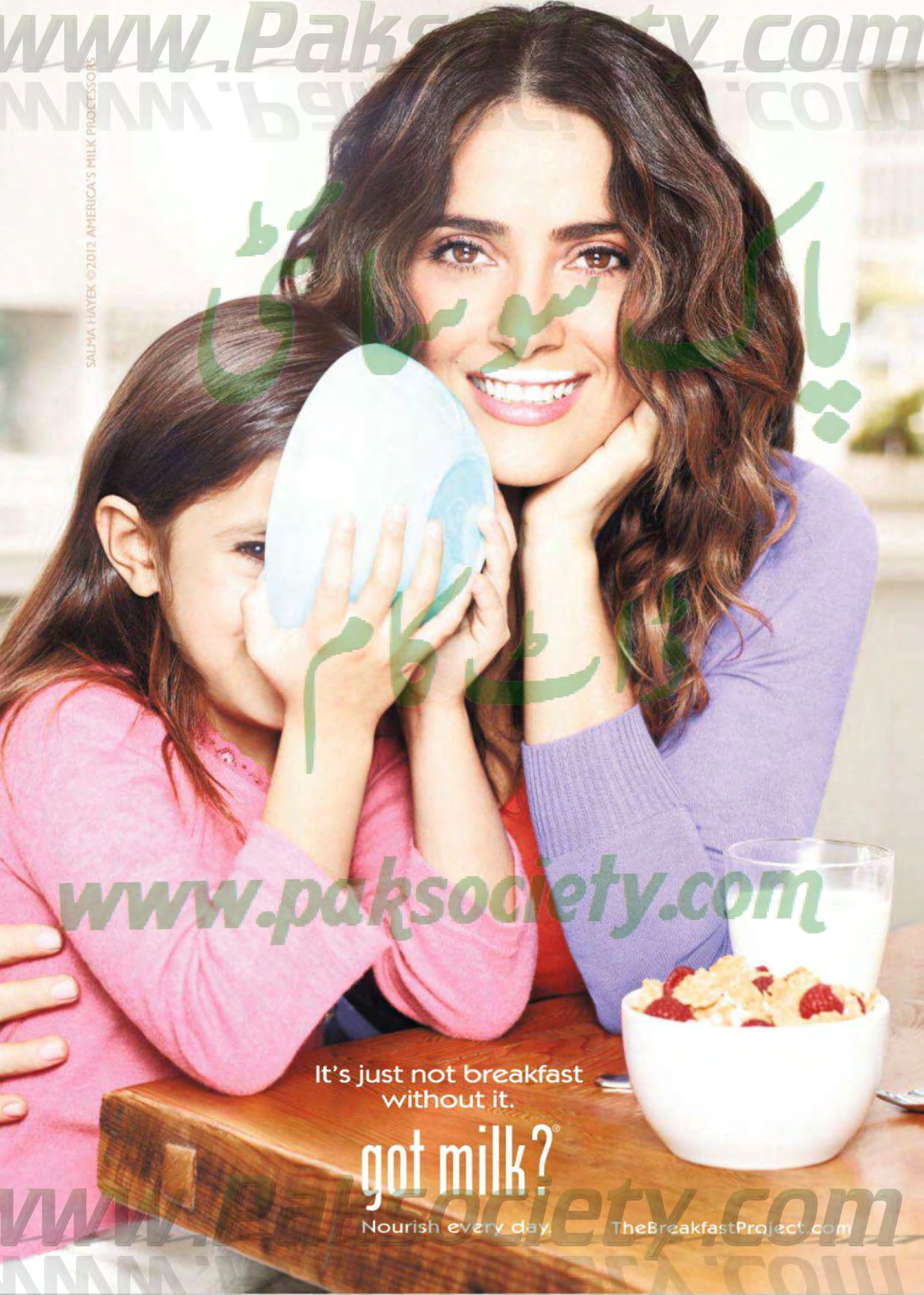
BALLPARK	HEALTHY BITE	CALORIES*	THE DIETITIAN SAYS
Angel Stadium of Anaheim Los Angeles Angels	Mediterranean Garden Salad (no dressing)	250 calories	Feta cheese and olives add a tasty kick to this healthy choice.
Rangers Ballpark in Arlington Texas Rangers	Chicken, veggie, guacamole, and black bean burrito	395 calories	The burrito's healthy fats and fiber will keep you feeling full until the last out.
Nationals Park Washington Nationals	Veggie burger	300 calories	This patty contains about half the calories and 20 percent of the fat of a beef burger.
Progressive Field Cleveland Indians	Fruit cup (melons, pineapple, grapes, strawberries)	126 calories	This low-calorie choice will satisfy your sweet tooth and provide three servings of fruit.
Marlins Park Miami Marlins	Freshly shucked oysters	120 calories for six oysters	These delicious mollusks are low in calories and fat and rich in iron.

Sara Altshul

*All calorie counts estimated for the standard serving

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WHO'S RIGHT?

Are Generic Drugs Safe?

● What you've always heard

Switching from brand-name to generic drugs is safe and can save you money. In fact, the average price of a generic medication is 80 percent less than its brand-name alternative. The FDA promises that when a generic drug is approved, it has met "rigorous standards" of quality, purity, and potency—a guarantee that makes a swap very appealing.

● But wait

The American College of Cardiology has warned that the absorption rates and potency of generics may differ from those of certain types of brand-name drugs—a discrepancy that could be life-threatening in some cases. With some medications, slight changes in the level of the drug in the blood can cause unintended side effects. For example, too weak a dose of a blood thinner could leave a person vulnerable to a heart attack or stroke; too strong a dose might cause internal bleeding.

70% of prescriptions filled in the U.S. are for generic drugs.

● The headlines now

By the end of the year, ten top-selling brand-name drugs in America will be available as generics. If you're taking Lipitor for cholesterol, your doctor might suggest generic atorvastatin instead. Patients with asthma will soon have a choice between Singulair and montelukast. The blood thinner Plavix will soon compete with the generic clopidogerol.

● So what should you do?

With any medication—generic or brand-name—there's a chance of complications, says Sheila Weiss Smith, former director of the Center for Drug Safety at the University of Maryland. But if your health-care professional recommends switching to a generic, you can feel confident about making a change. Generics may not be exact copies of brand-name versions, but because they have the same active ingredients in the same amounts, they're just as safe and effective. In the rare cases in which drug strength must be exact—blood thinners or certain drugs for heart failure, for example—a doctor should carefully monitor any switch to a generic. *Chris Woolston*

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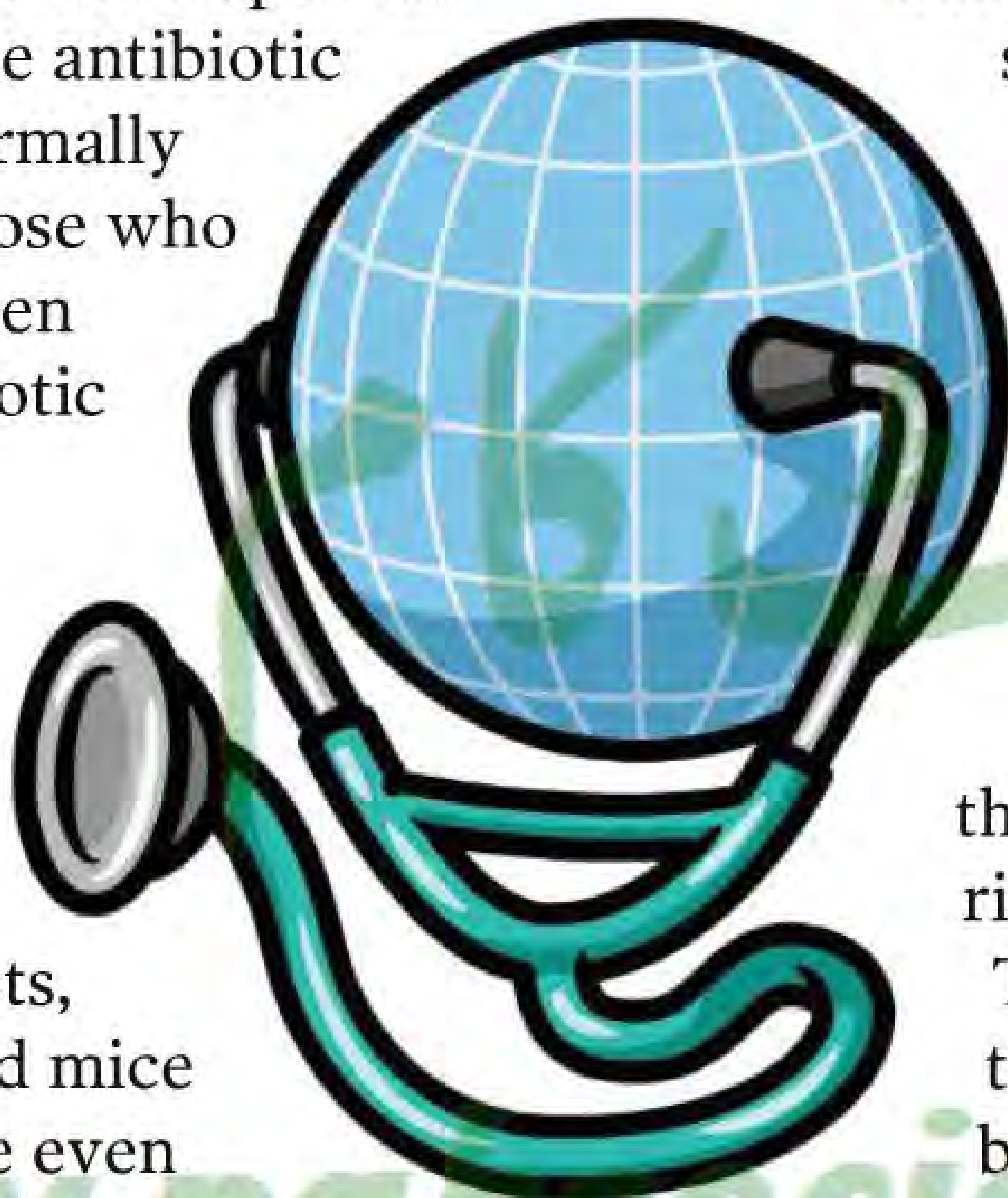
NEWS FROM THE WORLD OF MEDICINE

GERMANY

Lyme Disease Gel



Every year in the United States, doctors diagnose nearly 25,000 new cases of Lyme disease, which a person contracts after being bitten by an infected deer tick. German and Swiss researchers have developed an alternative to the antibiotic pills doctors normally prescribe for those who think they've been bitten: an antibiotic gel that can prevent Lyme disease if it's applied to the skin within a few days of a bite. In early tests, the gel protected mice from the disease even five days after the tick bite. The medicine is currently being tested in Germany and Austria.



NETHERLANDS

Tumors That Glow



Researchers from the Netherlands, Germany, and the United States have developed a method that uses a fluorescent dye to help doctors identify tiny cancer tumors. In their first test of the method, doctors injected patients with a mixture of the dye and the vitamin folate, which turns some tumor cells bright green. Surgeons located nearly five times as many ovarian tumors, some as small as a tenth of a millimeter, as they did using the naked eye.

Doctors may also be able to use similar dyes to detect prostate and other cancers.

UNITED STATES

Cavity Killer



A UCLA microbiologist has developed a mouthwash that targets and kills a bacterium that causes cavities. That's a step up from traditional mouthwashes that kill both the cavity-causing bacteria and the good bacteria that keep your immune system healthy. The new formula wipes out only the main cavity culprit, *S. mutans*, while leaving the beneficial bacteria alone. Early tests showed that one 40-second swish of the mint-flavored mouthwash wiped out nearly all the *S. mutans* in volunteers' mouths for at least four days. Larger clinical trials are scheduled for this spring.

Reporting by *Regina Nuzzo*

ILLUSTRATED BY CHRISTOPH NIEMANN

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READER'S DIGEST AND HUMANA:

HEALTHY HABITS — ONE STEP AT A TIME



Dan Lagani
President, Reader's Digest North America

Two years ago, I began wearing a pedometer every day. At first, I was simply curious about how many steps I was taking. Soon, that curiosity turned into a mission to walk 10,000 steps daily — the equivalent of 4 miles.

Being conscious of my goal has motivated me to find ways to sneak in extra steps. I walk around the office in between meetings, and try to stroll after lunch.

Far too many Americans, especially those over 65, are living sedentary lives. That's a key finding of the **Humana Reader's Digest Healthy Habits Survey 2012**, our national poll to reveal America's best health habits.

On the following pages, see how you compare to others, and learn simple ways you can get moving every day. Then go to **ReadersDigest.com/habits** for more findings, plus get **Secrets of Healthy Americans**, our new online report.

We'll report on more results from our poll in our May issue, and throughout the rest of the year.

Reader's Digest and Humana created our Healthy Habits survey — and our **Humana Reader's Digest Healthy Living Insurance Plans** — to help you live better. **Join us and get the guidance you need to live a healthier life:** **Call 1-855-391-8659 (TTY: 711)** 8 a.m.-8 p.m. EST, Monday – Friday.

To your health,

Dan Lagani
President, Reader's Digest North America

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Humana Reader's Digest Healthy Living Plans are not available in all areas.
Contact Humana for more information.

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What are healthy Americans doing today?

Here – and in every issue this year – we're bringing you the answers, based on our **Humana Reader's Digest Healthy Habits Survey 2012**.



Our survey shows that far too many people – especially seniors – live sedentary lives, a major cause of illness that can lead to obesity, diabetes, heart disease, and stroke.

One core finding:
Americans spend more time sitting than sleeping.

By contrast, healthy Americans get up and get physically active nearly every day.

How do you compare?
Answer the questions on the facing page.



For this month's complete **Secrets of Healthy Americans** report, go to **ReadersDigest.com/habits**. And look for our next report in the May *Reader's Digest*.

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How healthy are you?



- **How many days in the past week did you:**

  Walk for at least 15 minutes? ________

  Move around, or exercise, enough to increase your breathing or heart rate? ________

- **How many hours, or minutes, yesterday did you:**

  Spend sitting, including watching TV, using a computer, driving, etc.? ________

  Spend standing on your feet? ________

- **Which best describes you:**

  ☐ Health Nut ☐ Couch Potato ☐ Gym Rat

- **Is your health:**

  ☐ Excellent ☐ Good ☐ Fair ☐ Poor

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3 easy steps to boost your health.

Our **Healthy Habits Survey** findings show that physical activity declines markedly as we age:

#1: How much time do you spend standing versus sitting?

Finding: Healthy Americans are on their feet a lot – in sharp contrast to seniors. People 65 and older spend **more time watching TV than standing**.



Step #1: *Do you know that each TV commercial break averages 4 to 5 minutes? During the break, stand up and walk around (not to the fridge!). Do that for just 3 breaks and you'll **walk an extra mile a day**.*

#2: How many days a week do you walk for 15 minutes?

Finding: Healthy Americans exercise 30 minutes a day, at least 3 times a week. But 37% of **seniors walk less than 15 minutes a day**.

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Step #2: *Simple chores like vacuuming and gardening can be as healthy as exercise. **After dinner every night** make a habit of walking or cleaning for at least 15 minutes.*



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#3: Are you a health nut, gym rat, or couch potato?

Finding: 80% of all Americans rate their health as good or excellent. And only 15% call themselves couch potatoes. Yet, given that half the nation is too sedentary and more than 30 pounds overweight, such positive responses seem to be inflated.

Step #3: ***Make a game of getting active.***
Buy a basic pedometer and set a goal of 10,000 paces a day, about 4 miles. Keep track daily. You'll be amazed by how many steps you can take by parking far from the store, taking the stairs instead of the elevator, and simply pacing every time you talk on the phone. Just get moving!


For this month's complete **Secrets of Healthy Americans** report, go to **ReadersDigest.com/habits**. And look for our next report in the May *Reader's Digest*.

Want to learn the other secret of healthy Americans? *Turn the page.*

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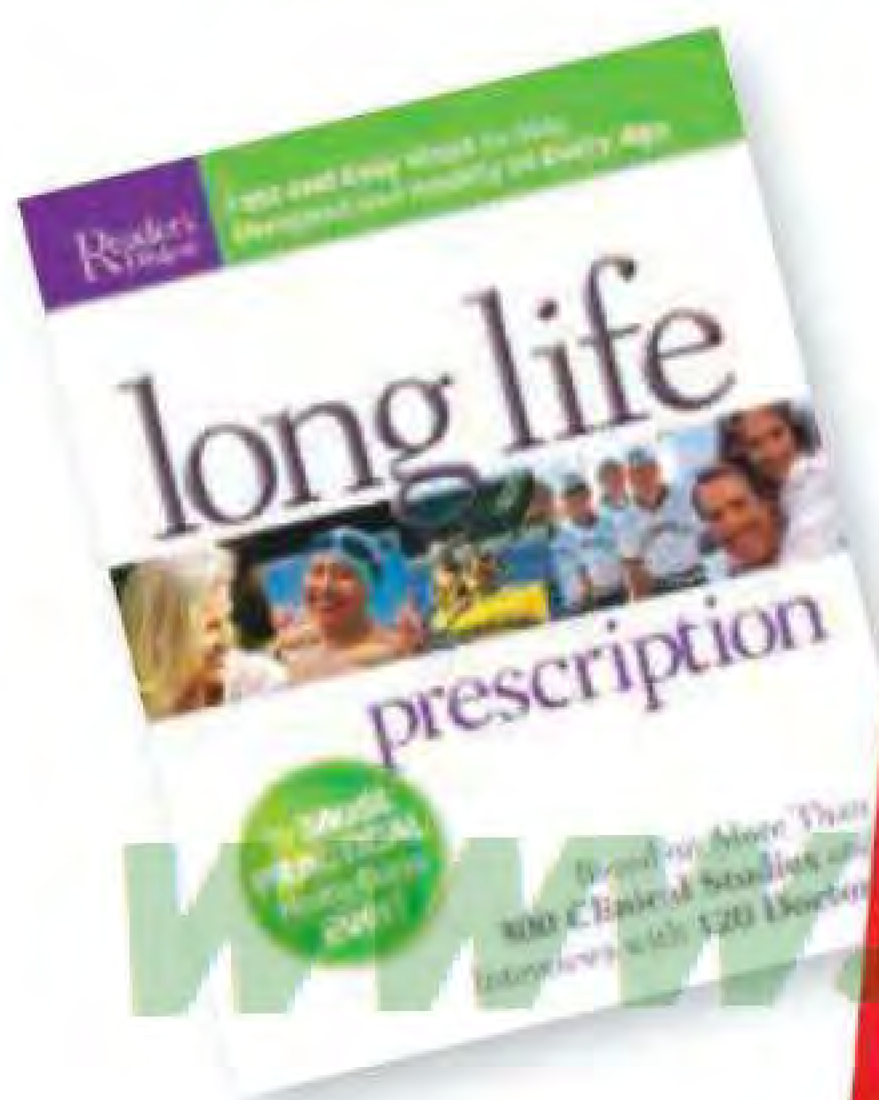
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Remember to look for our next Secrets of Healthy Americans report in the May *Reader's Digest*.

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Medicare beneficiaries may enroll in the plan only during specific times of the year. Contact Humana for more information.

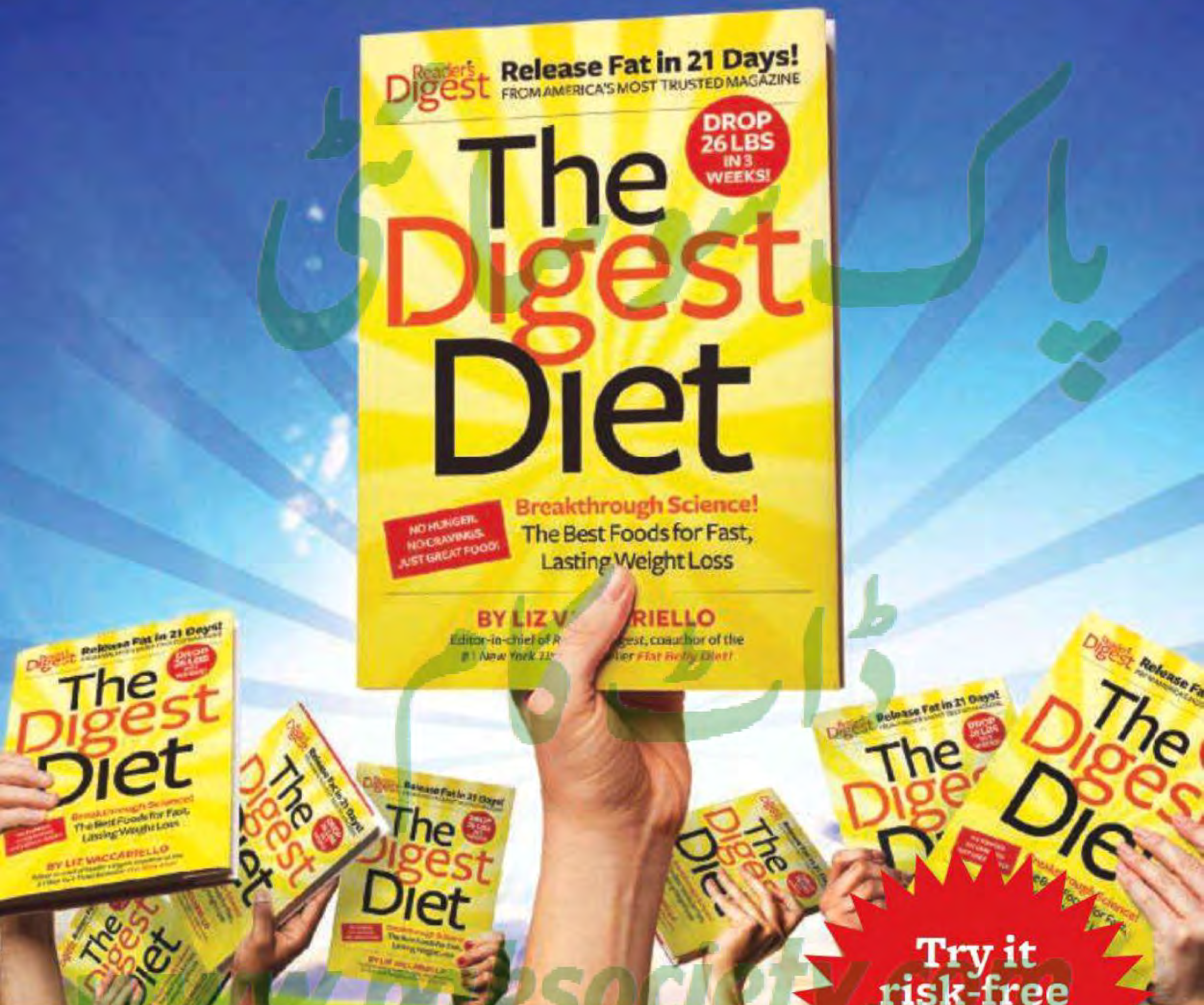
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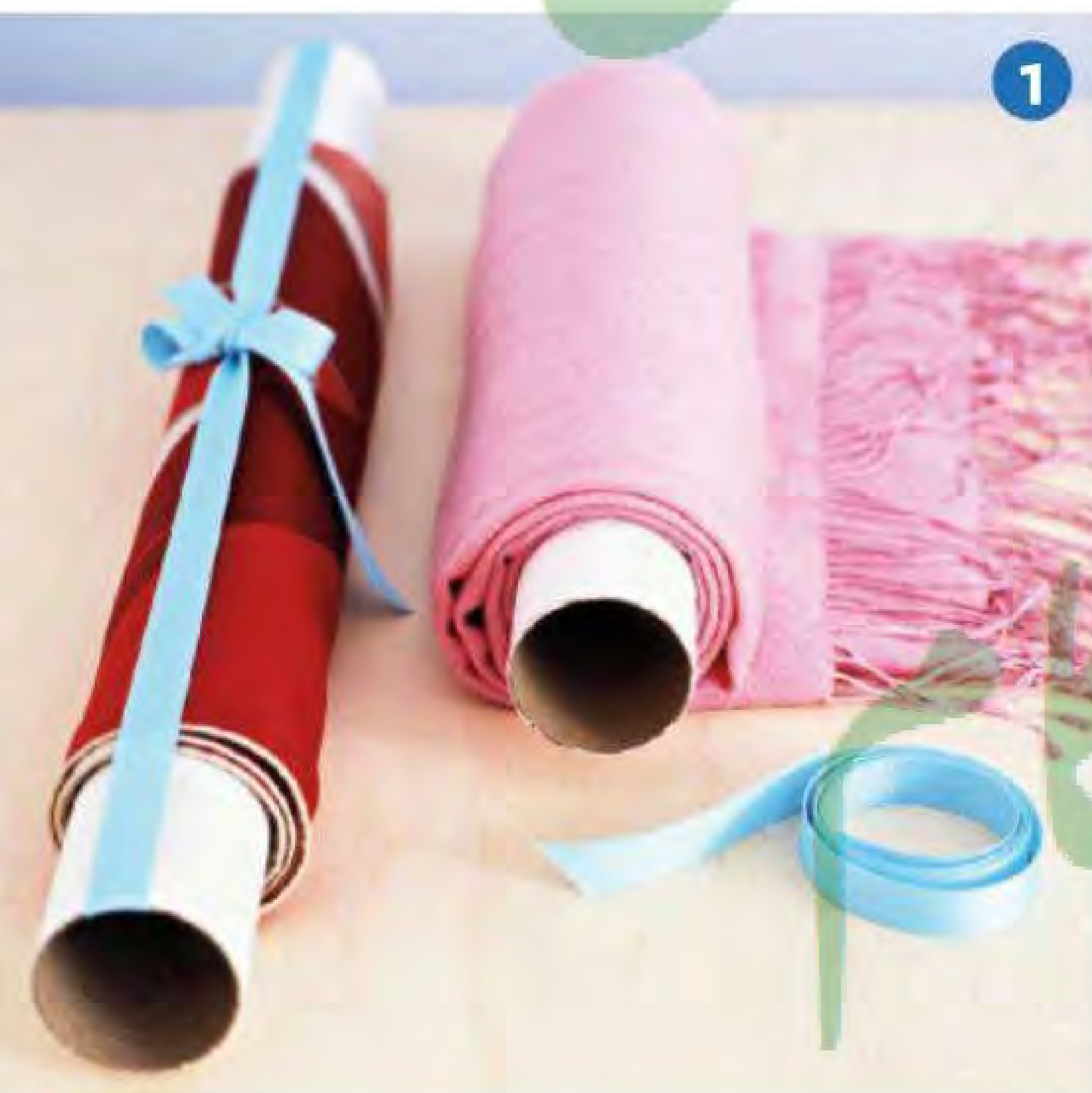
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HOW TO

Cut the Clutter

We looked all over for the most clever spring-cleaning tips

BY ALISON CAPORIMO



1

1. Roll it up. Keep tablecloths and scarves wrinkle-free: Roll the fabric around a bare wrapping-paper tube and tie it with a bow.

2. Pull a plastic bag. Stuff bags into an empty tissue box for a quick grab-and-go.

3. Stow supplies. Stash rubber bands and more in pretty Mason jars.

4. Hang a crate. Paint crates in pastel hues and hang them on a wall in the hallway. Guests can quickly store shoes inside before kicking up their feet.

Sources: *Real Simple, Family Handyman, Cosmopolitan,* and Thea's Mania blog.



2



3

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ADVICE

13 Things Your Real Estate Agent Won't Tell You

BY MICHELLE CROUCH

1 Your open house helps me more than it helps you. **The majority of visitors aren't buyers—they're nosy neighbors—** and that gives me an opportunity to hand out my card and possibly gain new clients.

2 **Plug-in air fresheners are a turnoff to a lot of people.** If you want your house to smell good, bake cookies right before a showing.

3 If you get a call saying that some buyers want to see your house in 15 minutes, let them in even if it's a bit messy. **Those last-minute types typically make impulsive decisions,** and they just might decide to buy a house that day.

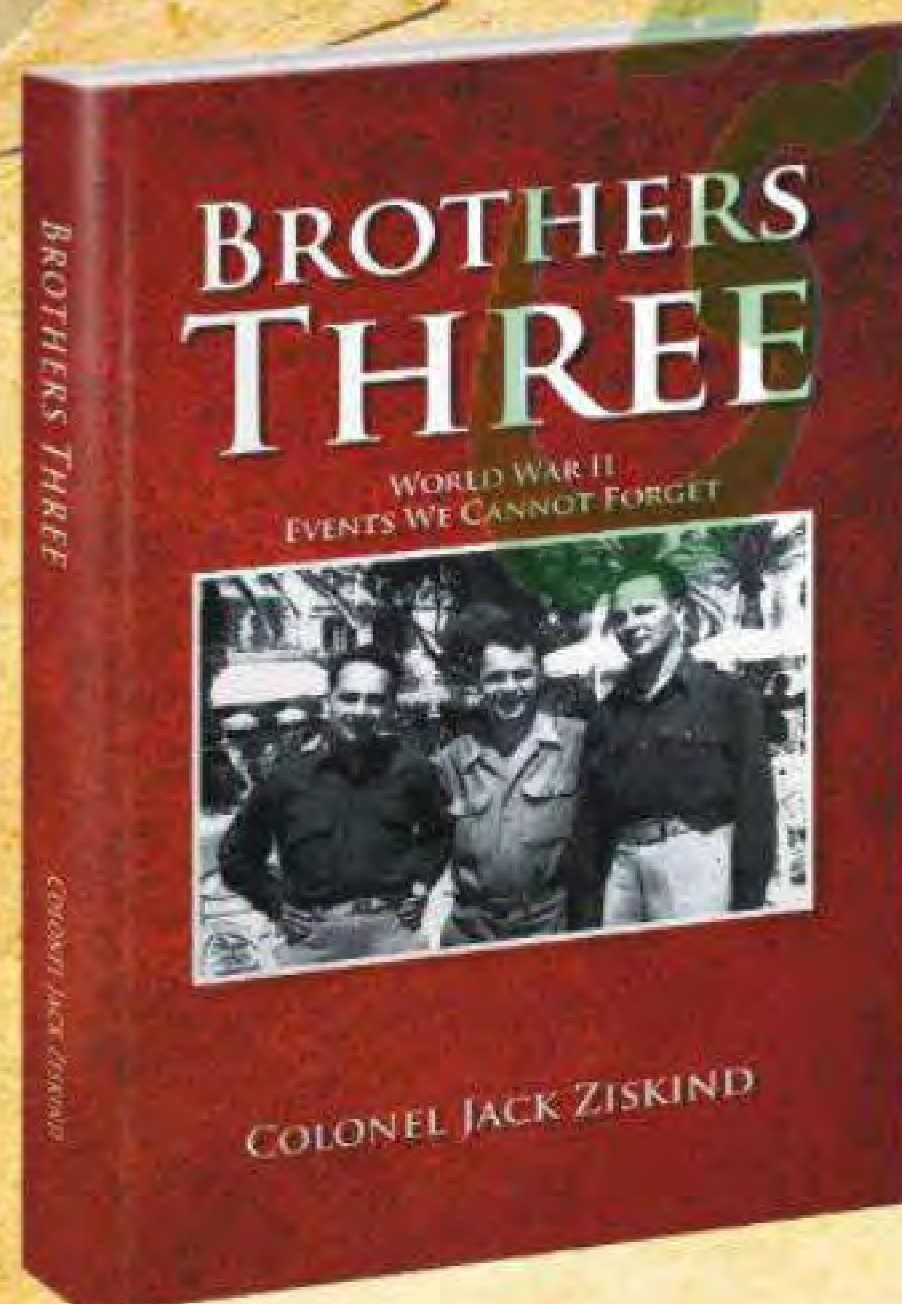
4 In this kind of market, **don't be offended by a low-ball offer.** You have a better chance of getting that person to pay than finding someone new.

5 If I'm hugely successful, you may not get the benefit of my >>

ILLUSTRATED BY EDDIE GUY

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Ask the doctor about ARICEPT 23 mg for moderate to severe Alzheimer's disease. The highest approved dose of ARICEPT.

You've shared so much with your loved one through the years. While you're realistic about the nature of Alzheimer's, as their caregiver, you want to do what you can. If your loved one is taking ARICEPT (donepezil HCl) 10 mg, ask the doctor if ARICEPT 23 mg may help.

ARICEPT 23 mg was compared to ARICEPT 10 mg in a large clinical study of patients with moderate to severe Alzheimer's disease. ARICEPT 23 mg showed improvement over ARICEPT 10 mg on mental function, though it did not show improvement on overall patient functioning. In the study, more people who took ARICEPT 23 mg experienced increased side effects.

It's important to remember that while ARICEPT may treat the symptoms of Alzheimer's disease, it is not a cure. All patients with Alzheimer's disease will get worse over time, even if they take ARICEPT 23 mg.

Learn more at Aricept.com.

INDICATION AND DOSING

ARICEPT® (donepezil HCl) is a prescription medicine to treat mild, moderate and severe Alzheimer's disease. Before starting on ARICEPT 23 mg/day, patients should be on ARICEPT 10 mg/day for at least 3 months. The starting dose of ARICEPT is 5 mg/day and can be increased to 10 mg/day after 4–6 weeks. Please take ARICEPT as prescribed by the doctor.

IMPORTANT SAFETY INFORMATION

ARICEPT is not for everyone, including people who are allergic to any ingredients in ARICEPT or medicines that contain piperidines.

Tell the doctor if your loved one takes nonprescription or prescription medicines, including those used to treat Alzheimer's or Parkinson's disease; anticholinergic medicines, such as allergy or cold medicine; medicines to treat bladder or bowel spasms; or certain asthma medicines.

ARICEPT may cause slow heartbeat and fainting. This happens more often in people with heart problems. Call the doctor right away if the patient faints while taking ARICEPT. People may also have seizures while taking ARICEPT. They may also have difficulty passing urine. Lung problems, including asthma, may worsen with the use of ARICEPT. Tell the doctor that the patient takes ARICEPT before they have any procedure that may require anesthesia, including dental and medical procedures or surgery.

People at risk for stomach ulcers or who take certain other medicines, such as aspirin or nonsteroidal anti-inflammatory drugs (NSAIDs), should tell their doctor because serious stomach problems, such as bleeding, may get worse.

In a study, more side effects were seen with ARICEPT 23 mg than with ARICEPT 10 mg. Many more people taking ARICEPT 23 mg experienced nausea and vomiting than those taking ARICEPT 10 mg. These side effects may get better after the patient takes ARICEPT for a while. Other side effects that were seen more often with ARICEPT 23 mg were stomach ulcers, gastrointestinal bleeding, and weight loss. People of lower weight (less than 121 lbs) may have increased nausea, vomiting, and weight loss when taking ARICEPT 23 mg.

Other side effects of ARICEPT may include diarrhea, difficulty sleeping, vomiting, or muscle cramps. Some people may feel tired or may have loss of appetite.

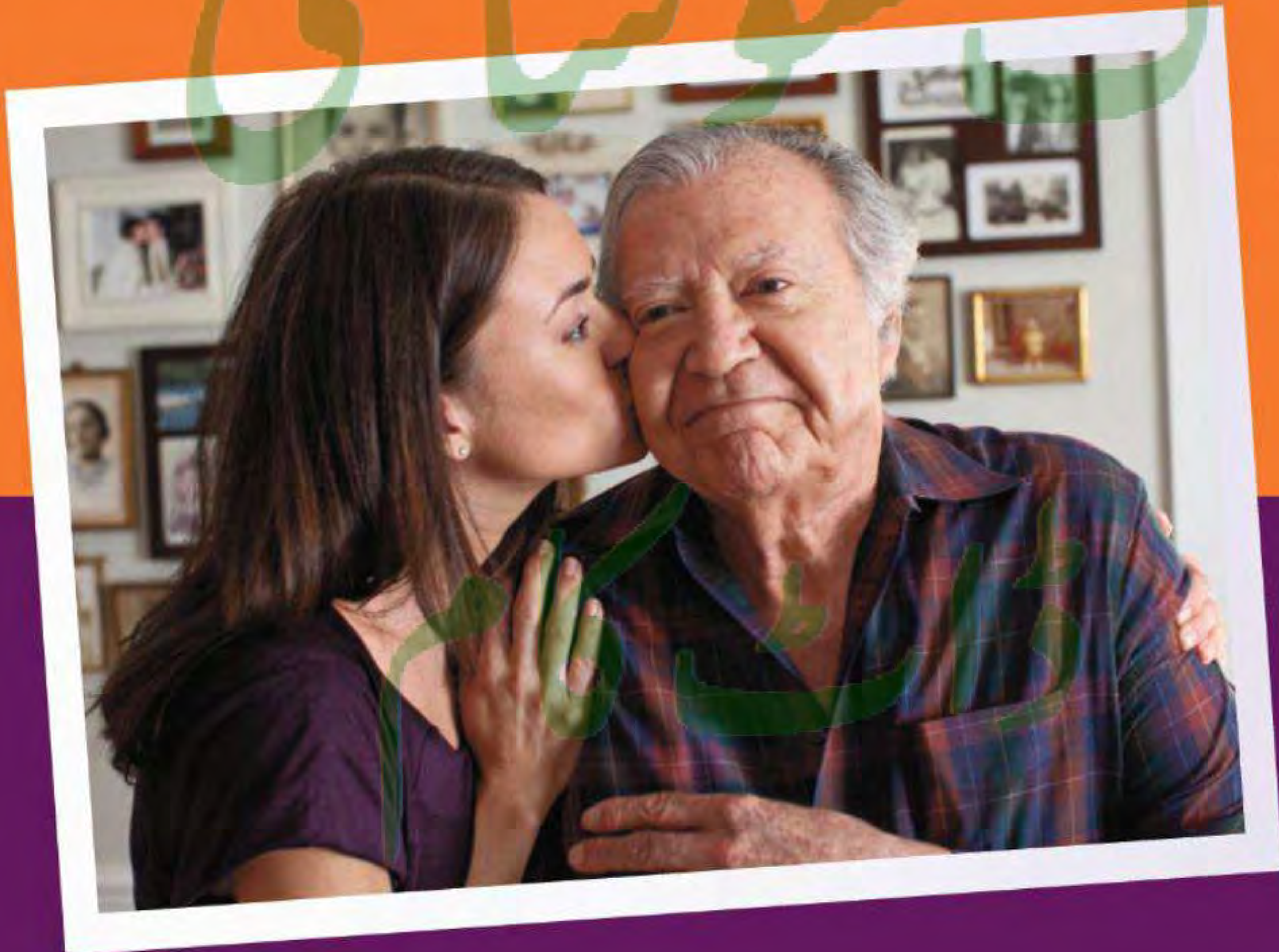
You are encouraged to report negative side effects to the FDA. Visit fda.gov/medwatch or call 1-800-FDA-1088.

Please see important Patient Information on the back of the next page. For more information, visit aricept.com or call 1-866-4-ARICEPT.

www.Paksociety.com

FREE Trial Offer
To learn more visit
aricept.com

You know your loved one
better than anyone.



Who better than you to talk to
the doctor about ARICEPT 23 mg?



Aricept®
donepezil HCl tablet
5 mg, 10 mg and 23 mg

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ARICEPT PATIENT PACKAGE INSERT

ARICEPT® (Air-eh-sept)
(donepezil hydrochloride) tablets
- Tablets: 5 mg, 10 mg, and 23 mg

ARICEPT® ODT (Air-eh-sept oh-dee-tee)
(donepezil hydrochloride) orally disintegrating tablets
- ODT Tablets: 5 mg and 10 mg

Read the Patient Information that comes with ARICEPT before the patient starts taking it and each time you get a refill. There may be new information. This leaflet does not take the place of talking with the doctor about Alzheimer's disease or treatment for it. If you have questions, ask the doctor or pharmacist.

What is ARICEPT?
ARICEPT comes as ARICEPT film-coated tablets in dosage strengths of 5 mg, 10 mg, and 23 mg, and as ARICEPT Orally Disintegrating Tablets (ODT; 5 mg and 10 mg). Except where indicated, all the information about ARICEPT in this leaflet also applies to ARICEPT ODT.

ARICEPT is a prescription medicine to treat mild, moderate and severe Alzheimer's disease. ARICEPT can help with mental function and with doing daily tasks. ARICEPT does not work the same in all people. Some people may:
- Seem much better
- Get better in small ways or stay the same
- Get worse over time but slower than expected
- Not change and then get worse as expected

ARICEPT does not cure Alzheimer's disease. All patients with Alzheimer's disease get worse over time, even if they take ARICEPT.

ARICEPT has not been approved as a treatment for any medical condition in children.

Who should not take ARICEPT?
The patient should not take ARICEPT if allergic to any of the ingredients in ARICEPT or to medicines that contain piperidines. Ask the patient's doctor if you are not sure. See the end of this leaflet for a list of ingredients in ARICEPT.

What should I tell the doctor before the patient takes ARICEPT?
Tell the doctor about all the patient's present or past health problems. Include:
- Any heart problems including problems with irregular, slow, or fast heartbeats
- Asthma or lung problems
- A seizure
- Stomach ulcers
- Difficulty passing urine
- Liver or kidney problems
- Trouble swallowing tablets
- Present pregnancy or plans to become pregnant. It is not known if ARICEPT can harm an unborn baby.
- Present breast-feeding. It is not known if ARICEPT passes into breast milk. ARICEPT is not for women who are breast-feeding.

Tell the doctor about all the medicines the patient takes, including prescription and non-prescription medicines, vitamins, and herbal products. ARICEPT and other medicines may affect each other.

Be particularly sure to tell the doctor if the patient takes aspirin or medicines called nonsteroidal anti-inflammatory drugs (NSAIDs). There are many NSAID medicines, both prescription and non-prescription. Ask the doctor or pharmacist if you are not sure if any of the patient's medicines are NSAIDs. Taking NSAIDs and ARICEPT together may make the patient more likely to get stomach ulcers.

ARICEPT taken with certain medicines used for anesthesia may cause side effects. Tell the responsible doctor or dentist that the patient takes ARICEPT before the patient has:
- surgery
- medical procedures
- dental surgery or procedures.

Know the medicines that the patient takes. Keep a list of all the patient's medicines. Show it to the doctor or pharmacist before the patient starts a new medicine.

How should the patient take ARICEPT?
- Give ARICEPT exactly as prescribed by the doctor. Do not stop ARICEPT or change the dose yourself. Talk with the doctor first.
- Give ARICEPT one time each day. ARICEPT can be taken with or without food.
- ARICEPT 23 mg tablets should be swallowed whole without the tablets being split, crushed or chewed.
- ARICEPT ODT melts on the tongue. The patient should drink some water after the tablet melts.
- If you miss giving the patient a dose of ARICEPT, just wait. Give only the next dose at the usual time. Do not give 2 doses at the same time.
- If ARICEPT is missed for 7 days or more, talk with the doctor before starting again.
- If the patient takes too much ARICEPT at one time, call the doctor or poison control center, or go to the emergency room right away.

What are the possible side effects of ARICEPT?
ARICEPT may cause the following serious side effects:
- **slow heartbeat and fainting.** This happens more often in people with heart problems. Call the doctor right away if the patient faints while taking ARICEPT.
- **more stomach acid.** This raises the chance of ulcers and bleeding, especially when taking ARICEPT 23 mg. The risk is higher for patients who had ulcers, or take aspirin or other NSAIDs.
- worsening of lung problems in people with asthma or other lung disease.
- seizures.
- difficulty passing urine.

Call the doctor *right away* if the patient has:
- fainting.
- heartburn or stomach pain that is new or won't go away.
- nausea or vomiting, blood in the vomit, dark vomit that looks like coffee grounds.
- bowel movements or stools that look like black tar.
- new or worse asthma or breathing problems.
- seizures.
- difficulty passing urine.

The most common side effects of ARICEPT are:
- nausea
- diarrhea
- not sleeping well
- vomiting
- muscle cramps
- feeling tired
- not wanting to eat

These side effects may get better after the patient takes ARICEPT for a while. This is not a complete list of side effects with ARICEPT. For more information, ask the doctor or pharmacist.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

How should ARICEPT be stored ?
Store ARICEPT at room temperature between 59° to 86°F (15° to 30°C).

Keep ARICEPT and all medicines out of the reach of children.

General information about ARICEPT
Medicines are sometimes prescribed for conditions that are not mentioned in this Patient Information Leaflet. Do not use ARICEPT for a condition for which it was not prescribed. Do not give ARICEPT to people other than the patient, even if they have the same symptoms as the patient, as it may harm them.

This leaflet summarizes the most important information about ARICEPT. If you would like more information talk with the patient's doctor. You can ask your pharmacist or doctor for information about ARICEPT that is written for health professionals. For more information, go to www.ARICEPT.com, or call 1-800-760-6029.

What are the ingredients in ARICEPT?
Active ingredient: donepezil hydrochloride
Inactive ingredients:
- **ARICEPT 5 mg and 10 mg film-coated tablets:** lactose monohydrate, cornstarch, microcrystalline cellulose, hydroxypropyl cellulose, and magnesium stearate. The film coating contains talc, polyethylene glycol, hypromellose, and titanium dioxide. Additionally, the 10 mg tablet contains yellow iron oxide (synthetic) as a coloring agent.
- **ARICEPT 23 mg film-coated tablets:** ethylcellulose, hydroxypropyl cellulose, lactose monohydrate, magnesium stearate and methacrylic acid copolymer, Type C. The reddish color film coating includes ferric oxide, hypromellose 2910, polyethylene glycol 8000, talc and titanium dioxide.
- **ARICEPT ODT 5 mg and 10 mg tablets:** carrageenan, mannitol, colloidal silicon dioxide, and polyvinyl alcohol. The 10 mg tablet contains yellow iron oxide (synthetic) as a coloring agent.

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Eisai Co., Ltd.
Manufactured and Marketed by Eisai Inc., Woodcliff Lake, NJ 07677
Marketed by Pfizer Inc, New York, NY 10017

Rx Only

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experience. **A well-known agent may pass you off to a junior agent after you sign the contract.** Ask me exactly who will be handling your phone calls, marketing your house, and taking you to look at homes before you sign to ensure you get exactly what you're paying for.

6 Make sure you read my listing or buyer's contract carefully before signing it. **There may be an extra "administrative fee"** ranging from $250 to $1,500 on top of my standard commission, intended to cover my brokerage's administrative costs. Similar to my commission, this fee is negotiable.

U.S. agents put 3.6 BILLION miles on their cars driving clients around in 2011.

7 Don't skip the final walk-through. It's your last chance to make sure that repairs were done properly, that the owner's personal items have been removed, and that the items you agreed should stay are still there. I've seen stoves, washers and dryers, and beautiful chandeliers walk right out the door.

8 Beware of seller's agents who overestimate your house's selling price. They're hoping you'll choose them over other agents who will price it more realistically. We call that "buying your listing," and it guarantees your house will sit on the market for a very long time.

9 Houses without furniture don't look larger. Empty rooms may actually appear smaller because the buyers can't get a sense of how much furniture will fit.

10 My No. 1 selling tip: **Clear off countertops in the bathrooms and kitchen.** Americans love that wide-open counter space.

11 For an estimate of property values in certain states, **check zillow.com, but don't lock on to that number.** Desktop appraisal systems assess how nearby homes with similar square footage have sold; they don't consider home interior.

12 If I'm new in the business, my references are likely to be relatives or good friends. **So when you call, always ask how they found me.**

13 I can't share the economic standing or predominant ethnic background of the people in the area or the local crime rate. If I did, I would violate Fair Housing laws. So look them up yourself!

Sources: Licensed real estate agents Nicole Tucker in Dallas and Eric Bramlett in Austin, Texas; broker Karyn Anjali Glubis in Tampa, Florida; Rob Foley, a former real estate lawyer who now owns Vermont's Flat Fee Real Estate; and a Realtor in Los Angeles.

For more things your real estate agent won't tell you, go to rd.com/april.

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Find more issues at magazinesdownload.com
www.Paksociety.com

Pet-Proof Your Home

Your home and yard may be safe for people, but there may be hidden hazards for your pets. Use these tips to make sure your home is safe inside and out for every member of your family.

Inside:

- Move common houseplants out of reach
- Make sure all heating/air vents have covers
- Store medications, lotions and cosmetics in a safe place

Outside:

- Be careful what you plant; plants like hibiscus and mistletoe are toxic to pets
- Be aware of any discarded food products or trash
- Check your pet for insects; fleas and ticks are more present in the spring

Keep your pets safe from fleas and ticks the easy way with **Adams™**. The new **Adams™ Smart Shield™** applicator delivers medication straight to your pet's skin to make flea and tick control simple.

To learn more, visit **adamsfleacontrol.com**



ADAMS™

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ADAMS™ beats, beats, beats, beats PetArmor®.

Compare actual product labels.*

ADAMS™ Flea & Tick Spot On® for Dogs		PetArmor® for Dogs
✓	Starts killing fleas and ticks in 15 mins.	
✓	With InfestStop™ IGR to kill flea eggs and larvae – prevent reinfestation.	
✓	Kills and repels mosquitoes.	
✓	Smart Shield™ Applicator makes it easier to apply.	

*Based on products purchased October 2011.

And beats their price, too.

Best of all, the new Smart Shield™ Applicator puts the liquid on your pet and not on you, parting the hair perfectly to get down to where the bugs live. ADAMS™ Flea & Tick Spot On® for Dogs is unbeatable – at a hard-to-beat price. That's Smarter Pet Care.™



ADAMS™ Flea & Tick Spot On® products are also available for cats.

ADAMS™

adamsfleacontrol.com



Scan for More Information.

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WHAT I KNOW NOW

Art Garfunkel

Five things the singer wants to share

INTERVIEW BY CAL FUSSMAN ADAPTED FROM *Esquire*

ON HIS HIGH SOPRANO

I knew I was touched when I was five. I was kind of a goody-goody who could sing like an angel. I would seek hallways and stairwells where the tiles gave reverberation.

ON PAUL SIMON

I met Paul in our school play *Alice in Wonderland*. He was this funny guy who cracked me up all the time. We moved to junior high school together. We loved "Earth Angel," and we emulated the Everly Brothers. We would stare at each other's mouths to copy each other's diction.

ON THE END OF SIMON AND GARFUNKEL

Ultimately, you're overworked. When we would finish a project, I was ready for a two-month pause. Paul was ready for a two-week pause. So we differed on that, and I got very tired. I am sorry that the rest turned to a split. I think the compatibility of our two talents is a cool thing.

ON CHARACTER

What you look for in a woman shifts over the years. When you're young, the pretty mouth is everything. Then, when you're older, character is everything. Depth. Can you see me when I'm hurting, and can you be there?

ON PARENTHOOD

When my boy turned 16, he became his own man. It throws the papa a little bit, you know? He has his own haircut, his own sense of style. He has his own identity. The shift is challenging. It can happen overnight. All they know is "This wasn't me for the first 15 or 16 years. But this is me now." You'd better fasten your seat belt, watch, and learn.

Reader's Digest RECOMMENDS

WEARABLE BOOKS

An avid reader and *Moby-Dick* enthusiast, I love the novel-inspired totes, tees, and sweatshirts from Out of Print. One book is donated to Books for Africa for each item the company sells. Visit **outofprintclothing.com.**

Alison Caporimo



HULTON-DEUTSCH COLLECTION/CORBIS

"I loved Simon and Garfunkel. I love them to this day."

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CURATED AND CONDENSED

Random Ideas from All Over

Instant Friends



Talking to strangers will be easier in 2012 thanks to smart phones that detect like-minded people near you. Proximity-based social networks will identify individuals you should know, based on shared interests ranging from music preferences to relationship statuses. (businessnewsdaily.com)

Attention, *Star Wars* Nerds



Star Wars Uncut: Director's Cut, now on vimeo .com, is a two-hour remake of the first *Star Wars* film featuring 473 fifteen-second clips made by fans. After aficionados got creative and reshot their favorite scenes, developer Casey Pugh edited them together. (huffingtonpost.com)

Curiously Happy



It never hurts to ask questions: New studies show that those who do are rewarded. According to the book *The Encyclopedia of Positive Psychology*, inquisitive people can create stronger relationships because they openly show interest in others, are flexible, and listen to new ideas. A. C.





EYE CANDY

Life Imitates Art

For artist Jeff Hamada's Remake project on booooooom.com, student photographers from all over sent in hundreds of photos replicating famous paintings like Renoir's *Portrait of the Actress Jeanne Samary* (left). Other interpretations include a Mondrian fashioned from a suitcase and a Michelangelo using Gumby. *A. C.*

FROM TOP: ELISABETH HOFF/GETTY IMAGES; LUCASFILM LTD./EVERETT COLLECTION; SARAH K. LEE/ GETTY IMAGES; THE BRIDGEMAN ART LIBRARY; COURTESY MARIANNA OBOEVA/BOOOOOOOOM

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Q. I'm not a teenager. So why is my skin acting like one?

I'm 36 – way too old for acne. But with no warning, my skin will break out in nasty red bumps. What is this???????

– Laurel F., New York, NY



A. You could be one of the 16 million people who suffer from rosacea.

Those bumps and blemishes that sometimes resemble acne could be rosacea – a chronic inflammatory skin condition that **can get worse over time.** That's the bad news. The good news is that it's treatable. Ask your doctor about prescription **Oracea**® (OR-RAY-SHA) (doxycycline, USP), the one and only pill approved for the treatment of rosacea's bumps and blemishes.

Oracea works from within.

Oracea is a simple once-a-day pill that works inside the body to target inflammation and treat the red bumps and blemishes of rosacea in adults. Unlike some treatments, Oracea has not been shown to cause bacterial resistance. That's because Oracea does not act like an antibiotic.

Most important, Oracea works. Some patients see results in as early as 3 weeks.

To learn more, talk to your doctor or go to **oracea.com.**
See if Oracea can help you finally get your skin off your mind.

www.paksociety.com

Important Safety Information

Oracea is generally well tolerated; however, side effects like mild or moderate GI upset, sore throat and headache have been reported. You should not take Oracea if you are pregnant or nursing, have kidney disease, take blood thinners, or are allergic to tetracyclines.

For more product information including other side effects, please see the brief summary of Prescribing Information on the next page.

You are encouraged to report negative side effects of prescription drugs to the FDA.
Visit www.fda.gov/medwatch or call 1-800-FDA-1088.

Once-daily 40 mg* Capsules
Oracea®
(doxycycline, USP) *30 mg immediate release & 10 mg delayed release beads
(OR-RAY-SHA)

Learn more at **oracea.com**

www.Paksociety.com

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Rx Only

Once-daily 40 mg* Capsules

ORACEA®

(doxycycline, USP) *30 mg immediate release & 10 mg delayed release beads

(OR-RAY-SHA)

Keep out of reach of children.

Brief Summary of Full Prescribing Information

INDICATIONS AND USAGE

ORACEA is indicated only for the treatment of inflammatory lesions (papules and pustules) of rosacea in adult patients.

The dosage of ORACEA differs from that of doxycycline used to treat infections. To reduce the development of resistant bacteria as well as to maintain the effectiveness of other antibacterial drugs, ORACEA should be used only as indicated.

CLINICAL PHARMACOLOGY

Pharmacokinetics

ORACEA capsules are not bioequivalent to other doxycycline products.

CONTRAINDICATIONS

This drug is contraindicated in persons who have shown hypersensitivity to doxycycline or any of the other tetracyclines.

WARNINGS

Teratogenic effects: 1) **Doxycycline, like other tetracycline-class antibiotics, can cause fetal harm when administered to a pregnant woman. If any tetracycline is used during pregnancy or if the patient becomes pregnant while taking these drugs, the patient should be informed of the potential hazard to the fetus and treatment stopped immediately.** ORACEA should not be used during pregnancy (see **PRECAUTIONS: Pregnancy**). **2) The use of drugs of the tetracycline class during tooth development (last half of pregnancy, infancy, and childhood up to the age of 8 years) may cause permanent discoloration of the teeth (yellow-gray-brown).** This adverse reaction is more common during long-term use of the drug but has been observed following repeated short-term courses. Enamel hypoplasia has also been reported. **Tetracycline drugs, therefore, should not be used during tooth development unless other drugs are not likely to be effective or are contraindicated.** 3) All tetracyclines form a stable calcium complex in any bone-forming tissue. A decrease in fibula growth rate has been observed in premature human infants given oral tetracycline in doses of 25 mg/kg every 6 hours. This reaction was shown to be reversible when the drug was discontinued.

Results of animal studies indicate that tetracyclines cross the placenta, are found in fetal tissues, and can cause retardation of skeletal development on the developing fetus. Evidence of embryotoxicity has been noted in animals treated early in pregnancy (see **PRECAUTIONS: Pregnancy** section).

Gastrointestinal effects: **Pseudomembranous colitis has been reported with nearly all antibacterial agents and may range from mild to life-threatening. Therefore, it is important to consider this diagnosis in patients who present with diarrhea subsequent to the administration of antibacterial agents.** Treatment with antibacterial agents alters the normal flora of the colon and may permit overgrowth of clostridia. Studies indicate that a toxin produced by Clostridium difficile is a primary cause of "antibiotic-associated colitis." If a diagnosis of pseudomembranous colitis has been established, therapeutic measures should be initiated. Mild cases of pseudomembranous colitis usually respond to discontinuation of the drug alone. In moderate to severe cases, consideration should be given to management with fluids and electrolytes, protein supplementation, and treatment with an antibacterial drug clinically effective against Clostridium difficile colitis.

Metabolic effects: The anti-anabolic action of the tetracyclines may cause an increase in BUN. While this is not a problem in those with normal renal function, in patients with significantly impaired function, higher serum levels of tetracycline-class antibiotics may lead to azotemia, hyperphosphatemia, and acidosis. If renal impairment exists, even usual oral or parenteral doses may lead to excessive systemic accumulations of the drug and possible liver toxicity. Under such conditions, lower than usual total doses are indicated, and if therapy is prolonged, serum level determinations of the drug may be advisable.

Photosensitivity: Photosensitivity manifested by an exaggerated sunburn reaction has been observed in some individuals taking tetracyclines. Although this was not observed during the duration of the clinical studies with ORACEA, patients should minimize or avoid exposure to natural or artificial sunlight (tanning beds or UVA/B treatment) while using ORACEA. If patients need to be outdoors while using ORACEA, they should wear loose-fitting clothes that protect skin from sun exposure and discuss other sun protection measures with their physician.

PRECAUTIONS

General: Safety of ORACEA beyond 9 months has not been established.

As with other antibiotic preparations, use of ORACEA may result in overgrowth of non-susceptible micro-organisms, including fungi. If superinfection occurs, ORACEA should be discontinued and appropriate therapy instituted. Although not observed in clinical trials with ORACEA, the use of tetracyclines may increase the incidence of vaginal candidiasis. ORACEA should be used with caution in patients with a history of or predisposition to candidiasis overgrowth. Bacterial resistance to tetracyclines may develop in patients using ORACEA. Because of the potential for drug-resistant bacteria to develop during the use of ORACEA, it should be used only as indicated.

Autoimmune Syndromes: Tetracyclines have been associated with the development of autoimmune syndromes. Symptoms may be manifested by fever, rash, arthralgia, and malaise. In symptomatic patients, liver function tests, ANA, CBC, and other appropriate tests should be performed to evaluate the patients. Use of all tetracycline-class drugs should be discontinued immediately.

Tissue Hyperpigmentation: Tetracycline-class antibiotics are known to cause hyperpigmentation. Tetracycline therapy may induce hyperpigmentation in many organs, including nails, bone, skin, eyes, thyroid, visceral tissue, oral cavity (teeth, mucosa, alveolar bone), sclerae and heart valves. Skin and oral pigmentation has been reported to occur independently of time or amount of drug administration, whereas other pigmentation has been reported to occur upon prolonged administration. Skin pigmentation includes diffuse pigmentation as well as over sites of scars or injury.

Pseudotumor cerebri: Bulging fontanels in infants and benign intracranial hypertension in adults have been reported in individuals receiving tetracyclines. These conditions disappeared when the drug was discontinued.

Laboratory Tests: Periodic laboratory evaluations of organ systems, including hematopoietic, renal and hepatic studies should be performed. Appropriate tests for autoimmune syndromes should be performed as indicated.

Drug Interactions: 1. Because tetracyclines have been shown to depress plasma prothrombin activity, patients who are on anticoagulant therapy may require downward adjustment of their anticoagulant dosage. 2. Since bacteriostatic drugs may interfere with the bactericidal action of penicillin, it is advisable to avoid giving tetracycline-class drugs in conjunction with penicillin. 3. The concurrent use of tetracycline and methoxyflurane has been reported to result in fatal renal toxicity. 4. Absorption of tetracyclines is impaired by bismuth subsalicylate, proton pump inhibitors, antacids containing aluminum, calcium or magnesium and iron-containing preparations. 5. Doxycycline may interfere with the effectiveness of low dose oral contraceptives. To avoid contraceptive failure, females are advised to use a second form of contraceptive during treatment with doxycycline. 6. There have been reports of pseudotumor cerebri (benign intracranial hypertension) associated with the concomitant use of isotretinoin and tetracyclines. Since both oral retinoids, including isotretinoin and acitretin, and the tetracyclines, primarily minocycline, can cause increased intracranial pressure, the concurrent use of an oral retinoid and a tetracycline should be avoided.

MICROBIOLOGY

The plasma concentration of doxycycline achieved with ORACEA during administration (see **DOSAGE AND ADMINISTRATION**) are less than the concentrations required to treat bacterial diseases. *In vivo* microbiological studies utilizing a similar drug exposure for up to 18 months demonstrated no detectable long-term

effects on bacterial flora of the oral cavity, skin, intestinal tract, and vagina.

Carcinogenesis, Mutagenesis, Impairment of Fertility: Doxycycline was assessed for potential to induce carcinogenesis in a study in which the compound was administered to Sprague-Dawley rats by gavage at dosages of 20, 75, and 200 mg/kg/day for two years. An increased incidence of uterine polyps was observed in female rats that received 200 mg/kg/day, a dosage that resulted in a systemic exposure to doxycycline approximately 12.2 times that observed in female humans who use ORACEA (exposure comparison based upon area under the curve (AUC) values). No impact upon tumor incidence was observed in male rats at 200 mg/kg/day, or in either gender at the other dosages studied. Evidence of oncogenic activity was obtained in studies with related compounds, i.e., oxytetracycline (adrenal and pituitary tumors) and minocycline (thyroid tumors).

Doxycycline demonstrated no potential to cause genetic toxicity in an *in vitro* point mutation study with mammalian cells (CHO/HGPRT forward mutation assay) or in an *in vivo* micronucleus assay conducted in CD-1 mice. However, data from an *in vitro* assay with CHO cells for potential to cause chromosomal aberrations suggest that doxycycline is a weak clastogen.

Oral administration of doxycycline to male and female Sprague-Dawley rats adversely affected fertility and reproductive performance, as evidenced by increased time for mating to occur, reduced sperm motility, velocity, and concentration, abnormal sperm morphology, and increased pre-and post-implantation losses. Doxycycline induced reproductive toxicity at all dosages that were examined in this study, as even the lowest dosage tested (50 mg/kg/day) induced a statistically significant reduction in sperm velocity. Note that 50 mg/kg/day is approximately 3.6 times the amount of doxycycline contained in the recommended daily dose of ORACEA for a 60-kg human when compared on the basis of AUC estimates. Although doxycycline impairs the fertility of rats when administered at sufficient dosage, the effect of ORACEA on human fertility is unknown.

Pregnancy: Teratogenic Effects: Pregnancy Category D. (see **WARNINGS** section). Results from animal studies indicate that doxycycline crosses the placenta and is found in fetal tissues.

Nonteratogenic effects: (see **WARNINGS** section).

Labor and Delivery: The effect of tetracyclines on labor and delivery is unknown.

Nursing Mothers: Tetracyclines are excreted in human milk. Because of the potential for serious adverse reactions in infants from doxycycline, ORACEA should not be used in mothers who breastfeed. (see **WARNINGS** section).

Pediatric Use: ORACEA should not be used in infants and children less than 8 years of age (see **WARNINGS** section). ORACEA has not been studied in children of any age with regard to safety or efficacy, therefore use in children is not recommended.

ADVERSE REACTIONS

Adverse Reactions in Clinical Trials of ORACEA: In controlled clinical trials of adult patients with mild to moderate rosacea, 537 patients received ORACEA or placebo over a 16-week period. The most frequent adverse reactions occurring in these studies are listed in the table below.

Incidence (%) of Selected Adverse Reactions in Clinical Trials of ORACEA (n=269) vs. Placebo (n=268)		
	ORACEA	Placebo
Nasopharyngitis	13 (4.8)	9 (3.4)
Pharyngolaryngeal Pain	3 (1.1)	2 (0.7)
Sinusitis	7 (2.6)	2 (0.7)
Nasal Congestion	4 (1.5)	2 (0.7)
Fungal Infection	5 (1.9)	1 (0.4)
Influenza	5 (1.9)	3 (1.1)
Diarrhea	12 (4.5)	7 (2.6)
Abdominal Pain Upper	5 (1.9)	1 (0.4)
Abdominal Distention	3 (1.1)	1 (0.4)
Abdominal Pain	3 (1.1)	1 (0.4)
Stomach Discomfort	3 (1.1)	2 (0.7)

Note: Percentages based on total number of study participants in each treatment group.

Adverse Reactions for Tetracyclines: The following adverse reactions have been observed in patients receiving tetracyclines at higher, antimicrobial doses:
Gastrointestinal: anorexia, nausea, vomiting, diarrhea, glossitis, dysphagia, enterocolitis, and inflammatory lesions (with vaginal candidiasis) in the anogenital region. Hepatotoxicity has been reported rarely. Rare instances of esophagitis and esophageal ulcerations have been reported in patients receiving the capsule forms of the drugs in the tetracycline class. Most of the patients experiencing esophagitis and/or esophageal ulceration took their medication immediately before lying down. (see **DOSAGE AND ADMINISTRATION** section).

Skin: maculopapular and erythematous rashes. Exfoliative dermatitis has been reported but is uncommon. Photosensitivity is discussed above. (see **WARNINGS** section).

Renal toxicity: Rise in BUN has been reported and is apparently dose-related. (see **WARNINGS** section). Hypersensitivity reactions: urticaria, angioneurotic edema, anaphylaxis, anaphylactoid purpura, serum sickness, pericarditis, and exacerbation of systemic lupus erythematosus. Blood: Hemolytic anemia, thrombocytopenia, neutropenia, and eosinophilia have been reported.

OVERDOSAGE:

In case of overdosage, discontinue medication, treat symptomatically, and institute supportive measures. Dialysis does not alter serum half-life and thus would not be of benefit in treating cases of overdose.

DOSAGE AND ADMINISTRATION

THE DOSAGE OF ORACEA DIFFERS FROM THAT OF DOXYCYCLINE USED TO TREAT INFECTIONS. EXCEEDING THE RECOMMENDED DOSAGE MAY RESULT IN AN INCREASED INCIDENCE OF SIDE EFFECTS INCLUDING THE DEVELOPMENT OF RESISTANT MICROORGANISMS.

One ORACEA capsule (40 mg) should be taken once daily in the morning on an empty stomach, preferably at least one hour prior to or two hours after meals. Efficacy beyond 16 weeks and safety beyond 9 months have not been established. Administration of adequate amounts of fluid along with the capsules is recommended to wash down the capsule to reduce the risk of esophageal irritation and ulceration. (see **ADVERSE REACTIONS** section).

HOW SUPPLIED

ORACEA (beige opaque capsule printed with GLD 40) containing doxycycline, USP in an amount equivalent to 40 mg of anhydrous doxycycline. Bottle of 30 (NDC 0299-3822-30).

Storage: All products are to be stored at controlled room temperatures of 15°C - 30°C (59°F - 86°F) and dispensed in tight, light-resistant containers (USP). Keep out of reach of children.

Patent Information: U.S. Patents 5,789,395; 5,919,775; 7,232,572; 7,211,267 and patents pending.

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Humor

The Jokes Are on Us

FILE UNDER "HA!"

Get the Word Out

BY ANDY SIMMONS



The best phrase in the English language is "never mind," as in, "Honey, the cat's stuck in the tree. Can you turn off the TV, get off the couch, grab a ladder ... Oh, it jumped out. Never mind." But not every phrase in our native tongue is as sonorous and lovely as that one. And recently, a slew of easily offended wordsmiths have proposed highlighting the guilty parties and hitting Delete.

Lake Superior State University's 2012 List of Banished Words came out earlier this year, with a few terms they swear we'll never miss:

- **Shared Sacrifice:** "Usually used by a politician who wants other people to share in the sacrifice so he or she doesn't have to."
- **Ginormous:** "No need to make a gigantic [idiot] out of yourself by trying to find an enormous word for *big*."
- **Thank You in Advance:** "A condescending and challenging way to say, 'Since I already thanked you, you have to do this.'"

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Ron Rosenbaum of *Slate* has harsh words for *crowdsourcing.* "No matter how many sources you cite," he writes, "you're not going to convince me you get smarter by asking a lot of ignorant people questions. Did Einstein *crowdsource* the special theory of relativity?"

Gravitas is another one Rosenbaum wants tossed onto the pyre: "Isn't it obvious that someone who's using *gravitas* is mainly trying to confer it upon himself by implying he has the gravitas to recognize and bestow gravitas?"



By now you're probably thinking, Hey, that's some dent you're putting in the dictionary. Not to worry. *Mental Floss* magazine has an idea—let's replace the vanquished words with cool foreign ones! Like these:



- **Cotisuelto** (Caribbean Spanish): One who wears his shirttail outside his trousers.
- **Bakku-shan** (Japanese): The experience of seeing a woman who appears pretty from behind but not from the front.
- **Iktsuarpok** (Inuit): That feeling of anticipation when you're waiting for someone to show up at your house and you keep going outside to see if he's there yet.
- **Kummerspeck** (German): Excess weight gained from emotional overeating. Literally, grief bacon.
- **Tartle** (Scottish): That moment of hesitation when you have to introduce someone whose name you can't remember.
- **Pesamenteiro** (Portuguese): Someone who joins a funeral party just for the refreshments.
- **Zeg** (Georgian): The day after tomorrow.

No one's going to miss *crowdsourcing* when you can say *kummerspeck*! If I were you, I'd learn these words soon, certainly by *zeg.*

Reader's Digest RECOMMENDS

AN ACTION-PACKED APP

If you've ever wanted to create your own action film on the cheap, here's your chance. The app **Action Movie FX** lets you shoot a video on your iPhone or iPad and choose the way your stars meet their demise: missile, flying van, and more. Best of all, it's free.

Andy Simmons



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Laughter, The Best Medicine

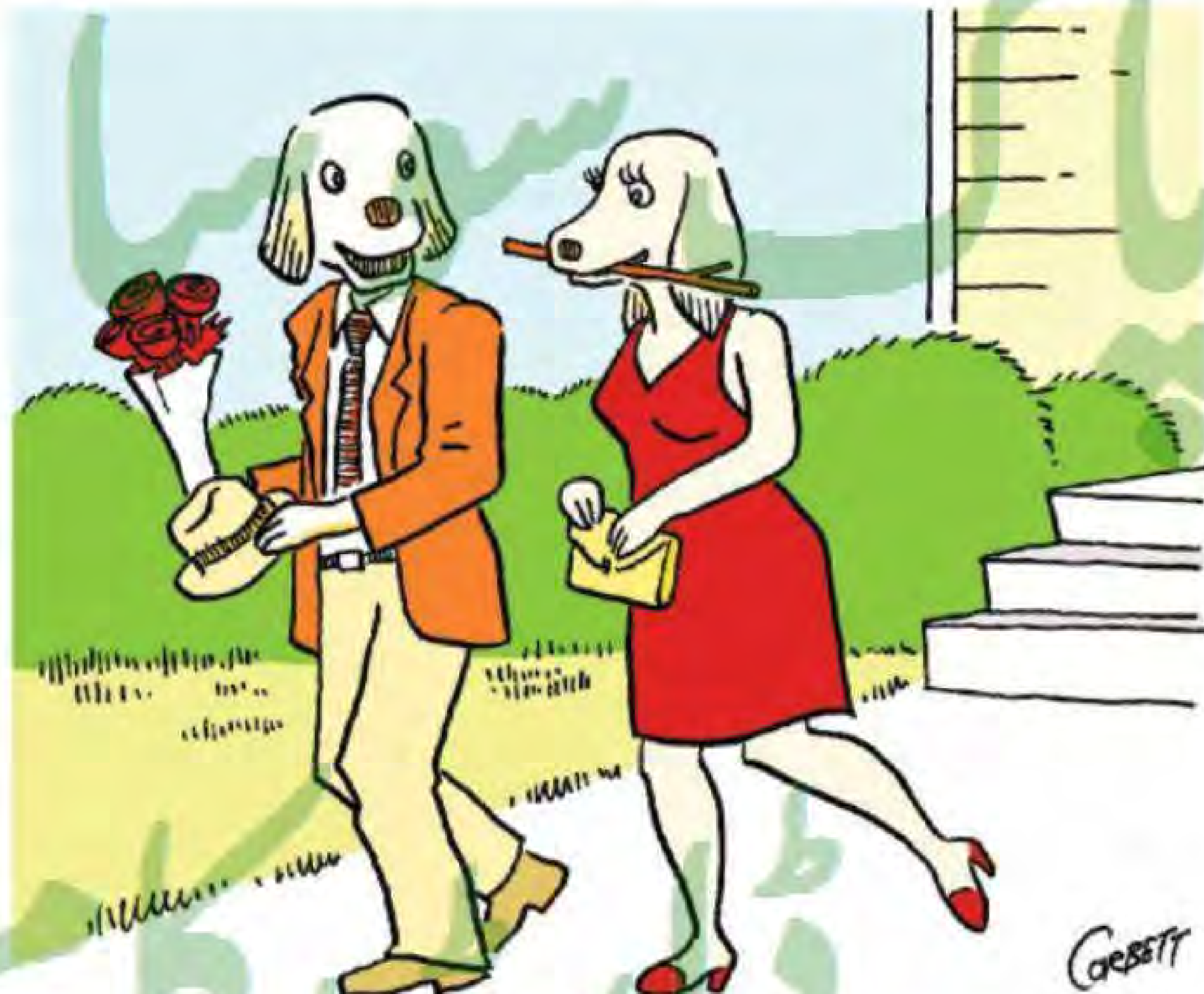
Fascinating: Did you know you can just rip up a to-do list?

Comic *Tim Siedell*

Kegslist

There's a new app to guide boozehounds to the nearest beer seller. *The Week* asked its readers what it should be called. Here are their suggestions:

- EinStein
- Head-hunter
- iHops
- Tapquest
- Pilsnerd



"You look rather fetching tonight."

My uncle was tossed out of a mime show for having a seizure. They thought he was heckling.

Comic *Jeff Shaw*

A married couple have been out shopping for hours when the wife realizes that her husband has disappeared. So she calls his cell phone.

"Where are you!?" she yells.

"Darling," he says, "do you remember that jewelry shop, the one where you saw that diamond necklace you loved? But I didn't have enough money at the time, so I said, 'Baby, it'll be yours one day'?"

"Yes!" she shouts, excitedly.

"Well, I'm in the bar next door."

Bonnie Townsend, Hampton, Georgia

Did you hear about the egotistical cannibal? He's completely full of himself.

Comic *Nick Vatterott*

I was riding the escalator, and I tripped. I fell down the stairs for an hour and a half.

Comic *Demetri Martin*

An anthropologist shows off his priceless trove of

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treasure to his saintly grandmother.

"What's that?" she asks, pointing to an oddly shaped item.

"Uh ..." stammers the anthropologist. "It's a phallic symbol."

"Oh," says his grandmother, nodding her head. "I hate to tell you what it looks like."

Submitted by *Alan Lynch*, Ithaca, New York

I finally have a dental plan: I chew on the other side.

Comic *Janine Ditullio*

People always ask me how long it takes to do my hair. I don't know. I'm never there.

Dolly Parton

OLD JOKE WE LOVE

"Gimme a chocolate cone!" demands the customer as she walks into an ice cream parlor.

"We're all out of chocolate," says the counterman.

"Then I'll take chocolate in a cup with chocolate sauce and ..."

"Sorry."

"Chocolate and vanilla combo?"

The counterman sighs. "Ma'am, do you see the 'straw' in strawberry?"

"Yes."

"Do you see the 'van' in vanilla?"

"Sure."

"Do you see the 'frick' in chocolate?"

"There's no 'frick' in chocolate."

"*That's* what I keep telling you!"

WHEN YOU CARE JUST ENOUGH ...

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You had me at your proper use of "You're".



your e cards

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The Iliad and the Trip

In *Vanity Fair*, Salman Rushdie related a game he and the late Christopher Hitchens enjoyed playing—Book Titles That Don't Quite Make It. A few examples:

- *To Kill a Hummingbird*
- *The Catcher in the Wheat*
- *Mr. Zhivago*

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Life in These United States

My wife and I were going through a rough patch financially, but we kept ourselves sane by repeating, "As long as we have each other, we don't need anything else." But when the television and radio in our bedroom broke within a few days of each other, my wife lost it.

"That's just great!" she shouted. "Now there's no entertainment in our bedroom at all!"

Vincent Day, Charlotte, Maine

HEADLINE OF THE MONTH



From livescience.com

A business proposition found on Craigslist: "I have a terrible problem. My litter box is dirty and smells horrible, and I don't want to clean it. I am amazing at making pancakes, however. I will trade my pancake skills for a clean litter box. Serious inquiries only."

From baltimore.craigslist.org

I asked a man on a country road for directions to a friend's house. "Go straight up the road till you reach the place where the barn burned down," he said. "Make a right onto the dirt road till you see a shed with a dog out front, and then make another right, and continue up a mile."

"What if the dog isn't out front?" I asked.

Perplexed, he said, "Make a right, anyway." *Karen Henry,* Clifton Park, New York

I asked my eighth graders, "Why are you looking forward to becoming a teenager?" A student answered, "You're treated more like an adult because you are getting closer to adultery."

Kelly Thompson, Madison, Wisconsin

On my 40th birthday, I waltzed out of my bedroom dressed in an old outfit.

"I wore this on my 30th birthday. I guess that means my wardrobe is ten years old," I said to my

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husband, hoping he'd take the hint and buy me some clothes as a present.

"Or," he offered instead, "it means when you were 30, you had the body of a 40-year-old."

Beth Geffers, Oshkosh, Wisconsin

"What are those?" asked my younger sister. She had just spotted the old encyclopedias our mother had unearthed in the basement.

Mom tried to explain the concept of an encyclopedia to her, but it just wasn't clicking. She finally blurted out, "It's like Google, but in a book."

Amber Sandoe, Juniata, Nebraska

Losing my father was bad enough. So imagine my surprise when I spotted my name in the obituaries instead of his. I had to phone a friend.

"Did you see the report of my death in the paper?" I asked.

"Yes," he said. "Where are you calling from?" *Ralph Warth,* Canton, Ohio

And One from Abroad

When he was very young, my son was often mistaken for a girl. One day in the park, an elderly woman asked me what his name was.

"James," I replied.

"Jane?" she asked.

"No, James."

"Julie?"

"No, James!" I shouted.

"Oh, James," she said. "Funny name for a girl."

Mandy Benjamin, Wales, Great Britain

AUTO OBSESSIVE-COMPULSIVE

Nothing can get a person in trouble faster than a cell phone's autocorrect.



From damnyouautocorrect.com

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All in a Day's Work

Restaurant hostess answering the phone: "Thank you for calling Napa 29. How can I help you? ... I'm sorry, sir, this is a restaurant, not an auto parts store ... No, sir, this is not Napa Auto Parts ... No, sir ... Sir, this is a restaurant. I don't know how much a carburetor costs ... Sir, I really don't ... Three hundred dollars and eighty-nine cents ... Yes, sir. Have a nice evening." overheardintheoffice.com



HOW INVITING! Submitted by *Christina Kennedy*

Your funny sign might be worth money. See page 90 for details.

As my friend, an anesthesiologist at a hospital, passed by an operating room, she noticed it was being set up for a breast augmentation procedure. So she popped her head inside.

"What's going on?" she asked a nurse.

The nurse's reply: "They're making a mountain out of a molehill."

Yo Klein, Passaic, New Jersey

Scene: Irish coworker wearing a T-shirt with *deadly* written on it.
Scottish coworker: You're not deadly.
Irish coworker: It's Dublin slang. It means "cool."
Scottish coworker: Oh. You're not deadly. From stupidcoworkers.com

Last fall, a vacationer called to make a reservation at my campground. But first, she had a question: "Can you tell me what day the leaves change color?"
Pamela Brown, Matheson, Colorado

My favorite excuse note ever: "Please excuse Tommy for being absent. He was out with the swan flue."

Dyan Holder, Laurel, Missouri



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Humor in Uniform



As a dental officer in the Air Force, I was treating a recruit. As he lay prone in the chair, I asked him a question about his pain level. He responded, "Yes."

"*Yes* is not enough," I said.

With that, he leaped out of the chair, stood at attention, and shouted, "Yes, sir!"

Douglas C. Boyd, DMD, Portland, Oregon



"I hate the beach. No one salutes me."

After serving 11 years in the Navy, I was discharged with—shall we say—a vastly increased vocabulary. This became evident one day as I drove with my five-year-old daughter. Everyone on the road was annoying me, and I let each of them know it. Eventually, my daughter asked, "Daddy, why are all the bad drivers around you and not Mommy?"

John Ernest Swapp, Edwardsville, Illinois

With the help of a balky 16-ton forklift, I was loading containers onto an aircraft bound for Afghanistan. Our sergeant major stopped by to ask how I was doing. "It would be easier if the idiot who owns the red truck would move it," I complained.

"OK," he replied. "I will."

Cpl. Debbie MacNeil, Borden, Canada

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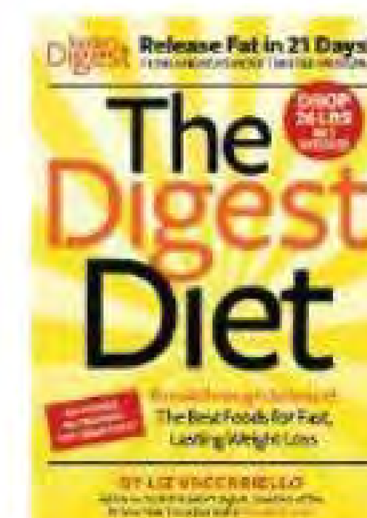
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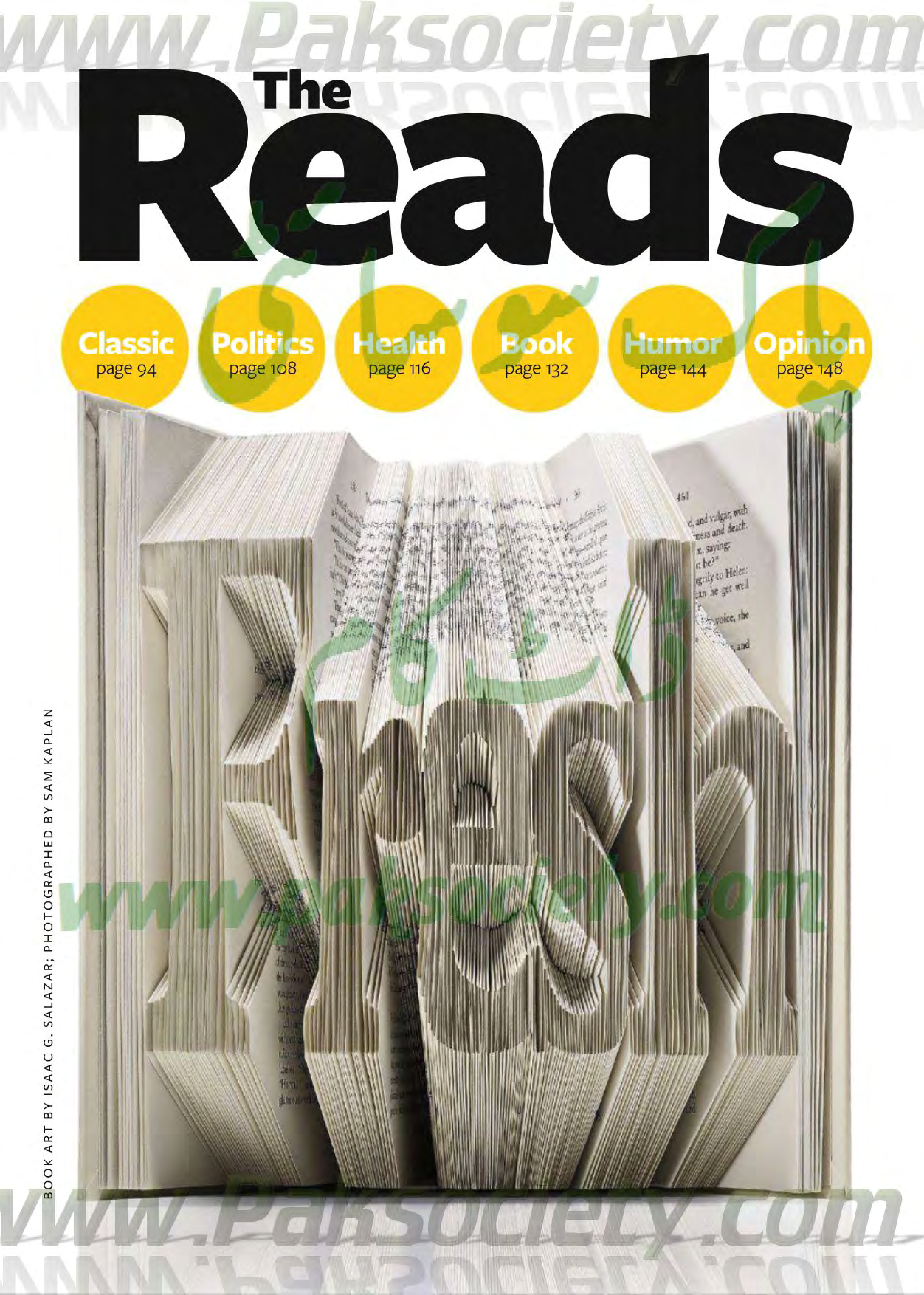
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The Reads



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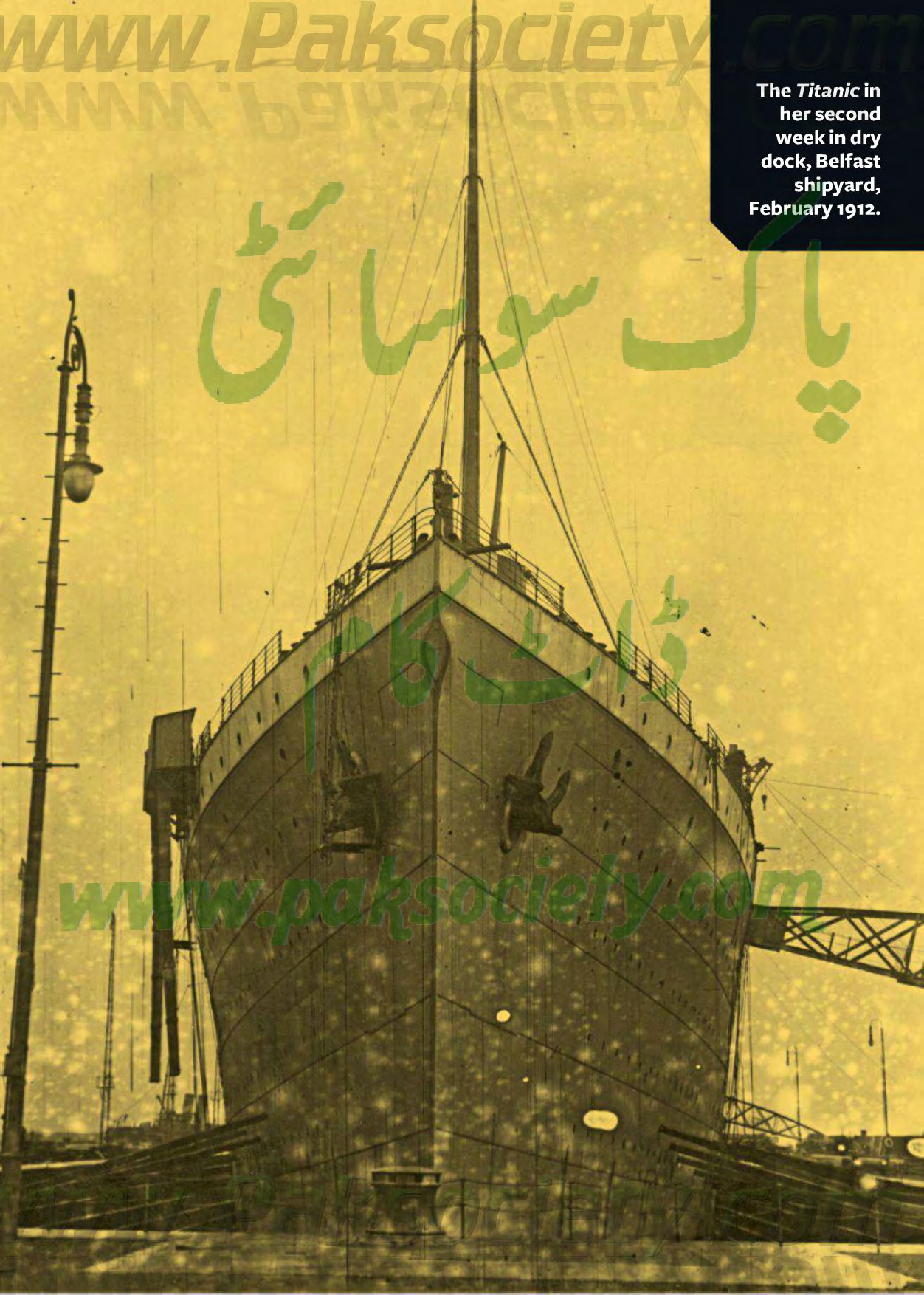


To commemorate the 100th anniversary of the sinking of the *Titanic* on April 15, 1912, we dug into our archives for this remarkable account of the disaster and its aftermath. For its original publication in 1986, our editors had compiled and condensed the story from dozens of sources. Today, the chronicle is as fresh and moving—and shocking—as it was several decades ago. Here, the inauguration of our Reader's Digest Classic series with an unforgettable tale.

The Unsinkable TITANIC

The White Star Liner *Titanic*, the largest ship the world had ever known, sailed from Southampton, England, on her maiden voyage to New York City on Wednesday, April 10, 1912. She was built with double bottoms, and her hull was divided into 16 watertight compartments. She was thought to be unsinkable. The liner carried more than 2,200. Occupying

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The *Titanic* in her second week in dry dock, Belfast shipyard, February 1912.

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the first-class suites were many well-known men and women—Col. John Jacob Astor and his young bride; President William Howard Taft's close adviser Maj. Archibald W. Butt; former congressman and Macy's chief executive Isidor Straus; and J. Bruce Ismay, managing director of the White Star Line. In the crowded cabins of steerage class were more than 700 immigrants heading to the land of promise.

S**unday the 14th dawned fair and clear.** At 9 a.m., a message from the steamer *Caronia* sputtered into the wireless shack: "Captain, *Titanic*—westbound steamers report bergs, growlers, and field ice in 42 degrees N. from 49 degrees to 51 degrees W. Compliments—Barr." The message was delivered to Capt. E. J. Smith, who wired an acknowledgment.

Just before noon, the rasping spark of early wireless spoke again across the water. It was the *Baltic*, warning the *Titanic* of ice on the steamer track. The wireless operator sent the message up to the bridge. Captain Smith read it as he was walking on the promenade deck and then handed it to Bruce Ismay without comment. Ismay read it, stuffed it into his pocket, told two women about the icebergs, and resumed his walk.

It was bitter cold on deck that evening, but the night was calm and fine. After dinner, some of the second-class passengers gathered for hymn singing. It was almost 10 p.m. as the group sang the words of the mariner's hymn: "Oh, hear us when we cry to thee, for those in peril on the sea."

On the bridge was First Officer William Murdoch. At least seven wireless warnings about ice had reached the ship; lookouts had been cautioned to be alert. At 22 knots, its speed unslackened, the *Titanic* plowed on through the night.

High in the crow's nest, lookout Frederick Fleet peered into a dazzling night. There was no moon, but the cloudless sky blazed with stars, and the Atlantic was like polished plate glass. Lookouts were not supplied with binoculars, but at 11:40 p.m. Fleet's eyes suddenly detected something directly ahead, even darker than the darkness. At first it was small, but every second it grew larger and closer. Fleet quickly banged the crow's nest bell three times, the warning of the danger ahead. At the same time, he lifted the phone and rang the bridge.

"What did you see?" asked a calm voice at the other end.

"Iceberg right ahead," replied Fleet.

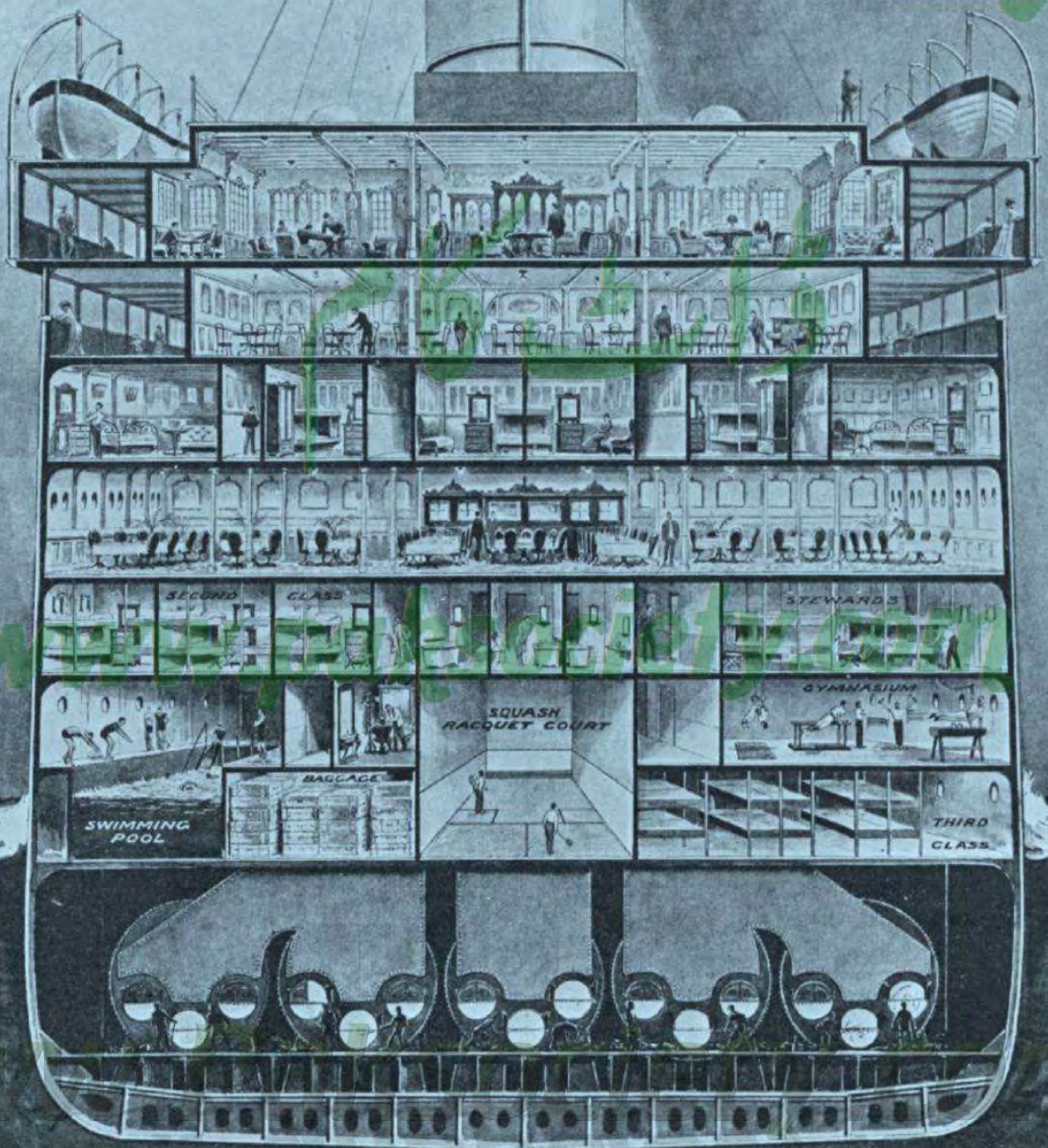
"Thank you," acknowledged the voice. Nothing more was said.

REPRODUCED WITH PERMISSION FROM *TITANIC IN PHOTOGRAPHS* (THE HISTORY PRESS)

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Though they changed before the *Titanic* was built, the plans for it are shown in this 1909 illustration—with first-class passengers occupying the top four floors and steerage at right below the gym. The pool is at left.



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First Officer William Murdoch (far left) and Captain John Smith (far right) of the *Titanic*.

On the bridge, Quartermaster Robert Hichens was at the wheel. First Officer Murdoch gave the order: "Hard astarboard!" This meant turning the stern of the ship to starboard and the bow to port. As Murdoch telegraphed the engine room "full astern," Hichens obeyed the spoken order and threw his full weight to the wheel.

In the crow's nest, Fleet stood motionless as the silhouette loomed larger and larger. After what seemed an eternity, the *Titanic*'s bow finally swung to port and was beginning to clear the iceberg. Fleet braced himself as the forecastle brushed against the berg and ice tumbled onto the forewell deck.

A Ripping Sound

At the very bottom of the ship, fireman Frederick Barrett had been hard at work stoking the furnaces in No. 6 boiler room. Foaming green seawater suddenly exploded through the *Titanic*'s side, about half a meter above the floor plates, shearing the starboard wall for the entire length of No. 6 and slightly into the coal bunker in No. 5. The alarm bell was jangling above the watertight door, which had

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just begun to descend. Barrett managed to leap through the doorway and into No. 5 boiler room as the door shut.

> "Mr. Murdoch, what was that?"
> "An iceberg, sir. She was too close. I couldn't do any more."

Meanwhile, in the first-class dining saloon far above Barrett, four members of the ship's crew heard a faint grinding jolt that seemed to come from somewhere deep inside the ship. It was not much, but enough to rattle the silverware that was set for breakfast the next morning.

Passengers in their cabins felt the jar too. Maj. Arthur G. Peuchen, starting to undress for the night, thought it was like a heavy wave striking the ship. To Lady Duff Gordon, waking up from the jolt, it seemed "as though somebody had drawn a giant finger along the side of the ship." Hearing that grinding jar in the first-class smoking room, Spencer V. Silverthorne rushed out onto the deck. With a few other passengers, he was in time to see the iceberg scraping along the starboard side, a little higher than the boat (topmost) deck. As it slid by, they watched chunks of ice breaking and tumbling off into the water. In another moment, it faded into the darkness astern.

The excitement soon disappeared. The *Titanic* seemed as solid as ever, and it was too cold to stay outside any longer. Slowly, everyone filed back inside.

As the grinding noise died away, Captain Smith rushed onto the bridge from his cabin next to the wheelhouse. There were a few quick words: "Mr. Murdoch, what was that?"

"An iceberg, sir. I hard-astarboarded and reversed the engines, but she was too close. I couldn't do any more."

In the stateroom of the *Titanic*'s principal designer, Thomas Andrews, the impact was so slight it escaped his notice. A knock on the door drew his attention. A sailor summoned him to the bridge, where the captain told Andrews what had happened. Water in the forepeak ... No. 1 hold ... No. 2 hold ... mail room ... boiler room No. 6 ... boiler room No. 5. Water four meters above keel level in the first ten minutes, everywhere except boiler room No. 5. Put together, the facts showed a 300-foot gash, with the first five compartments hopelessly flooded.

The conclusion was inescapable. The *Titanic* was on her way to the ocean floor, some 13,000 feet below. Andrews estimated the ship had but 90 minutes left.

At 12:05 a.m.—about 25 minutes after that grinding jar—Captain Smith ordered Chief Officer H. F. Wilde to uncover the lifeboats.

The *Titanic* carried only 16 boats and four canvas collapsibles capable altogether of holding about 1,180 of the 2,200 or so aboard. The captain himself then walked to the wireless shack. "Send the call for assistance," he ordered.

"What call should I send?" Jack Phillips asked.

"The regulation international call for help. Just that."

Less than 10 miles away, the *Californian* wireless operator Cyril F. Evans had closed down his set at the scheduled hour of 11:30.

The Light That Failed

The Cunard liner *Carpathia*, sailing from New York City, was bound for Gibraltar and the Mediterranean. Her extensive passenger accommodations—providentially—were nearly half empty.

The *Carpathia*'s radio operator was H. T. Cottam. Cottam's heart nearly missed a beat when out of the night came the dread letters of the international distress call: "CQD CQD SOS SOS. Come at once. We have struck a berg. Position 41.46 N., 50.14 W. CQD SOS!"

Cottam raced up to the bridge and breathlessly informed the officer of the watch, who in turn went to the captain's cabin.

Capt. Arthur H. Rostron later wrote: "So incredible seemed the news that, having at once given orders to turn the ship, I got hold of the Marconi operator. 'Are you sure it is the *Titanic*?' I asked him. 'Quite certain,' he replied. 'All right,' I said then. 'Tell him we are coming.' "

"We are coming as quickly as possible," Cottam telegraphed, "and expect to be there within four hours."

"TU OM" ("Thank you, old man").

After that, Cottam switched off his transmitter. He was careful not to do anything that might interfere with the *Titanic*'s signals. Presently, however, he overheard her exchanges with the *Frankfurt, Mount Temple*, and other ships—though all this time the *Californian*, which now lay less than 16 kilometers distant from the sinking liner, remained silent.

Playing the Game

Aboard the *Titanic*, the passengers stood calmly on the boat deck—unworried but confused, waiting for the next orders. Each class kept to its own decks—first class in the center of the ship, second a little aft, third at the very stern or on the well deck near the bow. With uneasy amusement, they eyed how one another looked in life belts.

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The *Titanic* departing for her sea trials, April 2, 1912.

There had been no boat drill, the passengers had no boat assignments, and the going was slow. Second Officer Charles H. Lightoller, in charge of the port side, stood with one foot in Boat 6 and one on deck. He called for women and children. The response was anything but enthusiastic. Why trade the bright decks of the *Titanic* for a few dark hours in a rowboat? Even John Jacob Astor ridiculed the idea: "We are safer here than in that little boat." When Constance Willard flatly refused to enter the boat, an exasperated officer finally said, "Don't waste time—let her go if she won't get in!"

There was music to lull them too. Bandmaster Wallace Henry Hartley had assembled his men, and the band was playing ragtime.

At 12:45 a.m., a blinding flash seared the night as the first rocket shot up from the starboard side of the bridge. There was no more joking or lingering. In fact, there was hardly time to say goodbye.

"It's all right, little girl," called Dan Marvin to his new bride. "You go and I'll stay awhile." He blew her a kiss as she entered the boat. "Be brave, no matter what happens," Dr. W. T. Minahan told his wife as he stepped back with the other men. But Mrs. Isidor Straus refused to go. "I've always stayed with my husband; where you go, I go," she said.

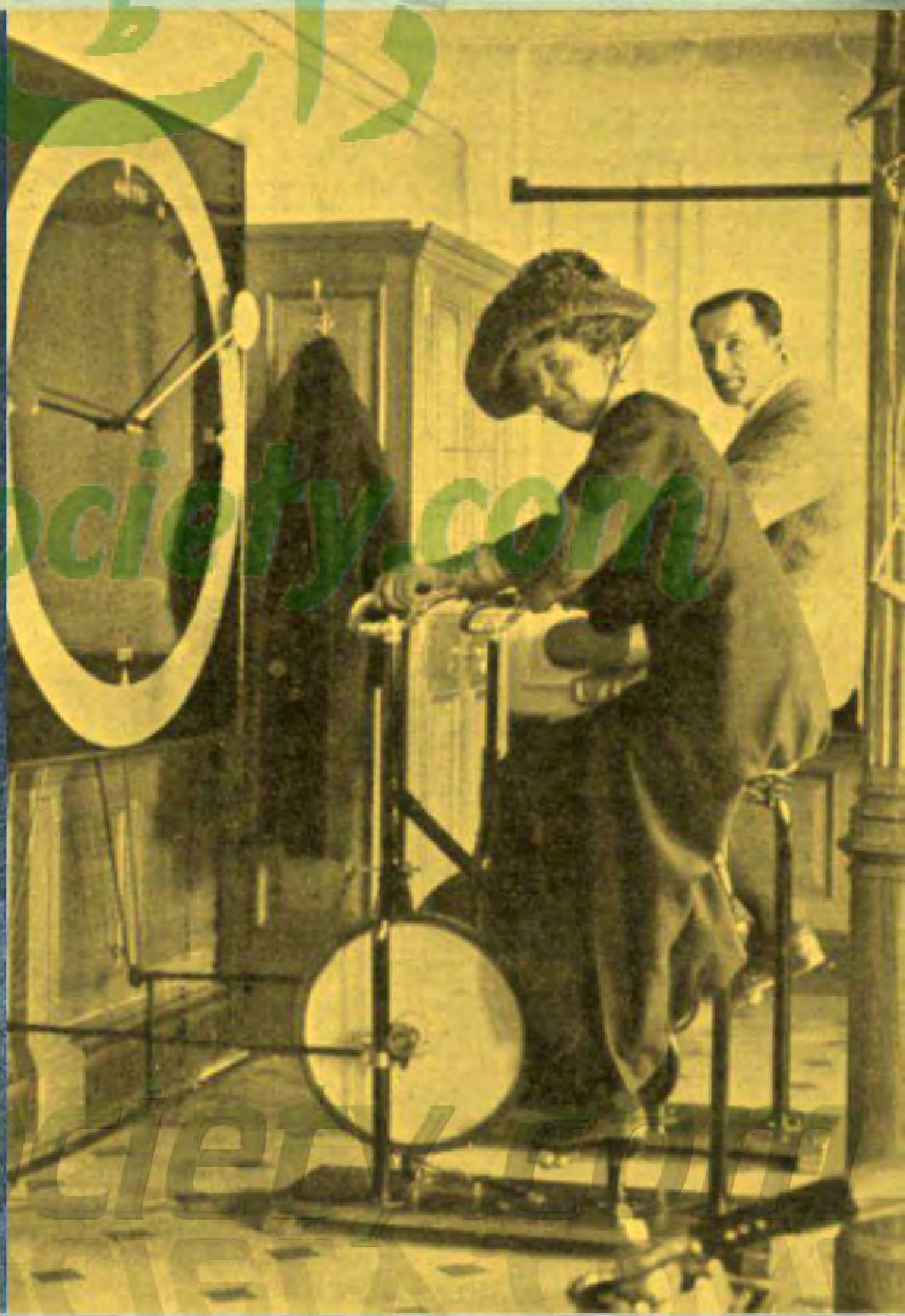
Time was clearly running out. Soon the sea slopped over the *Titanic*'s forward well deck and rippled around the cranes, the hatches, and the foot of the mast. The nerve-racking rockets stopped, but the slant of the deck was steeper, and there was an ugly list to port.

REPRODUCED WITH PERMISSION FROM *TITANIC IN PHOTOGRAPHS* (THE HISTORY PRESS)

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No photographs are known to exist of the *Titanic*'s grand staircase. This one, from the *Olympic* liner, was similar. Below left, millionaire Benjamin Guggenheim, who went down with the ship. Right, passenger Lawrence Beesley tries out the gym with a friend.





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A little group of millionaires stood quietly apart from the rest of the passengers on the boat deck; there were John Jacob Astor, George B. Widener, John B. Thayer, and a few others. Benjamin Guggenheim and his male secretary had changed back into evening dress. Declared Guggenheim, "We are prepared to go down like gentlemen." He gave his steward—in case he survived—a message for his wife. "Tell her I played the game out straight and to the end. No woman shall be left aboard this ship because Ben Guggenheim was a coward."

The poor Irish boys and girls from steerage were down on their knees, praying. An English priest, Father Thomas Byles, was moving to and fro among the passengers, hearing confessions and giving absolution. Every moment the black water was drawing nearer and nearer.

At 2:15 a.m., as the crewmen were tugging at the last two collapsible boats, the bridge dipped under, and the sea rolled aft along the boat deck. At this moment, the ragtime ended, and strains of the Episcopal hymn "Autumn" flowed across the deck and drifted into the still night far over the water.

God of mercy and compassion
Look with pity on my pain;
Hear a mournful, broken spirit
Prostrate at thy feet complain.
Hold me up in mighty waters ...

"She's Gone"

Second Officer Lightoller later wrote: "There was only one thing to do, and I [decided I] might just as well do it and get it over, so, turning to the fore part of the bridge, I took a header. Striking the water was like a thousand knives being driven into one's body, and no wonder, for the temperature of the water was 28 degrees, or 4 below freezing.

"I suddenly found myself drawn to an air shaft by the sudden rush of the surface water now pouring down. I was held flat and firmly up against a grating on this opening with the full and clear knowledge that if this light wire carried away, there was a sheer drop of close on a hundred feet, right to the bottom of the ship. Although I struggled and kicked for all I was worth, it was impossible to get away, for as fast as I pushed myself off, I was irresistibly dragged back, every instant expecting the wire to go, and to find myself shot down into the bowels of the ship. I was still struggling and fighting when suddenly a terrific blast of hot air came up the shaft and blew me right away and up to the surface."

CLOCKWISE FROM TOP: REPRODUCED WITH PERMISSION FROM *TITANIC IN PHOTOGRAPHS* (THE HISTORY PRESS) (2); TOPICAL PRESS AGENCY/GETTY IMAGES

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Lightoller survived by joining some 30 others on an overturned collapsible boat before transferring to a lifeboat.

Passenger Lawrence Beesley described the great ship's last moments as seen from Boat No. 7, 1.6 kilometers away: "We gazed awestruck as she tilted slowly up, revolving apparently about a center of gravity just astern of amidships, until she attained a vertically upright position; and there she remained—motionless!"

In the maelstrom of ropes, deck chairs, planking, and wildly swirling water, nobody knew what happened to most of the people. From the boats, they could be seen clinging like swarms of bees to deckhouses, winches, and ventilators. The famous and the unknown tumbled together in a writhing heap as the bow plunged deeper and the stern rose higher. Then a steady roar thundered across the water as everything movable broke loose—29 boilers ... 15,000 bottles of ale

The TITANIC Coat BY DAVID NOONAN

My great uncle Denis O'Brien boarded the *Titanic* as a third-class passenger at Queenstown, Ireland. He was 21, a jockey from County Cork who was offered a job riding horses for an American family. His older brother Michael, my grandfather, who had made his own trip across the Atlantic a few years earlier, was waiting for him in New York. In one version of the story—different family members recall hearing different details over the years—Michael sent Denis a proper overcoat so he wouldn't look too poor when he came through Ellis Island. That may or may not be true. What we know for sure is that Denis didn't make it, though his overcoat did.

As the ship was sinking, Denis, who is sometimes listed as Timothy O'Brien in *Titanic* passenger records, wrote a note to Michael. He gave the note and his overcoat to a woman in a lifeboat and asked her to see that his brother got them. She did. A photo of my grandfather wearing what we have always called "the *Titanic* coat" holds a special place in the family archives. In the picture, he looks small and dapper and not poor at all.

No one knows what the note said—that part of the story got lost over the course of the past hundred years—and I often wonder what few words Denis chose that night. I also wonder what he was thinking later, as he stood on that tilting deck with no coat and faced the end of his too-short life in that cold ocean, beneath those cold stars.



Michael O'Brien in the coat that survived.

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and stout ... 30 cases of golf clubs and tennis rackets ... huge anchor chains ... tons of coal ... 30,000 fresh eggs ... five grand pianos.

The structure supporting the first funnel collapsed. The mammoth smokestack seemed to lift off like a missile—its steel hawsers tearing the planking out of the decks—before it toppled on the people in the water.

The ship's innards were now giving way. Crushed between the pressure of the sea and the gargantuan tonnage of the foundering liner, the celebrated watertight bulkheads crumpled with "big booms." The *Titanic*'s stern steadily lifted, and suddenly her lights snapped off. They came on again with a searing flash and then went out forever.

Two minutes passed, the noise stopped, and the *Titanic* settled back slightly at the stern. Then slowly she began sliding under at a steep slant. As she glided down, the ship seemed to pick up speed. When the sea closed over the flagstaff on her stern, there was a gulp.

"She's gone; that's the last of her," someone sighed to lookout Reginald Lee in Boat 13.

The starlight revealed a scene of utter horror. The sea all around was covered with a mass of tangled wreckage and the struggling forms of many hundreds of men, women, and children—slowly, inexorably freezing to death in ice-cold water. A sheet of thin, grey vapor hung like a pall a few meters above the surface.

Burial at Sea

Meanwhile, the *Carpathia* was making its way toward the *Titanic*. "Icebergs loomed up and fell astern," wrote *Carpathia*'s Captain Rostron. "We never slackened, though sometimes we altered course to avoid them. As soon as there was a chance that we were in view, we started sending up rockets at intervals of about a quarter of an hour.

"There was no sign of the *Titanic* herself. By now—it was about 3:35 a.m.—we were almost up to the position. I saw a green light just ahead of us, low down. I knew that must be a boat. I brought the vessel alongside, and the passengers started climbing aboard. They were in the charge of an officer. I asked that he should come to me as soon as he was on board."

Without preliminaries, Rostron burst out excitedly, "Where is the *Titanic*?"

"Gone!" replied Fourth Officer Joseph G. Boxhall. "She sank at 2:20 a.m."

COURTESY MARGARET O'CARROLL FEIGLE

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"Were many people left on board when she sank?"

"Hundreds! Perhaps a thousand or more!" Boxhall's voice broke with emotion. "My God, sir, they've gone down with her!"

"Daylight was just setting in," Rostron wrote, "and what a sight that new day revealed. Everywhere were icebergs. And amid the tragic splendor of them as they lay in the first shafts of the rising sun, boats of the lost ship floated."

At 8:30, the last of the lifeboats and the collapsibles to arrive made fast and began to unload.

The *Californian* (which all night long had failed to react to the *Titanic*'s distress) had got under way at 6 a.m., steering for the position where she had earlier been informed the *Titanic* had sent out her distress call. Shortly after 8 a.m., steaming cautiously through the ice, she was near enough to the *Carpathia* for semaphore signaling. The *Californian* inquired what had happened; the reply came that the *Titanic* had foundered. Later the *Californian* received a wireless message from Captain Rostron: "I am taking the survivors to New York. Please stay in the vicinity and pick up any bodies."

Before heading back, Rostron sent for the Reverend Anderson, an Episcopal clergyman aboard, and the people from the *Titanic* and *Carpathia* assembled in the main lounge to pay their respects to the dead. While they murmured their prayers, the *Carpathia* steamed slowly over the *Titanic*'s grave. There were few traces of the great ship. And at 8:50, Rostron felt sure there couldn't possibly be another survivor. He rang "full speed ahead" and turned his ship for New York.

According to the captain of the *Californian*, no bodies could be found, and after an hour or so he resumed his voyage. There were in fact hundreds of corpses, drifting to and fro

TITANIC Watch

The 100th anniversary brings a wide array of remembrances:

- James Cameron's blockbuster *Titanic* movie comes out in a new 3-D version on April 6. (We may need extra popcorn to counter seasickness.)
- *Shadow of the Titanic: The Extraordinary Stories of Those Who Survived* by Andrew Wilson (Atria, April 14) reveals the aftermath of the shipwreck for survivors such as Madeleine Astor and White Star Line chairman J. Bruce Ismay, as well as lesser-known people, including brothers who'd been abducted by their father.
- *Titanic Tragedy* by John Maxtone-Graham (Norton, March 19) is a detailed reinvestigation of every component of the tragedy.
- The recently released *Titanic in Photographs* by Daniel Klistorner, Steve Hall, and others (The History Press) offers a wealth of rare images—one of which is reprinted here—of the singularly sumptuous but sinkable boat. *Dawn Raffel*

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on the face of the waters. They may not have been seen because they were caught up in an immense ice mass moving in a northeasterly direction, and ships dared not venture near it. Later, those bodies were dispersed, possibly as a result of the ice breaking up in the Gulf Stream.

A week after the sinking, the cable ship *MacKay-Bennett* found 306 of them. When first sighted, they had seemed like a great flock of gulls on the water, bobbing gently in the swell. They were all floating in an upright position as if treading water, most of them in a great cluster surrounded by debris from the ship.

All day, crewmen worked at dragging the sodden bodies onto the deck. Those victims without identification were prepared for a proper burial at sea. By 8 p.m. that Sunday, the first burials began. *MacKay-Bennett* engineer Fred Hamilton kept a diary:

"The tolling of the bell summoned all hands to the forecastle, where 30 bodies are to be committed to the deep, each carefully weighted and sewed in canvas. The crescent moon is shedding a faint light on us as the ship lies wallowing in the great rollers. The funeral service is conducted by the Rev. Canon Hind; for nearly an hour the words 'For as much as it hath pleased ... we therefore commit his body to the deep' are repeated, and at each interval comes, splash! as the weighted body plunges into the sea, there to sink to a depth of about two miles.

"Splash, splash, splash."

Before the *Titanic*'s lights went out for good, its lamps flooded the water with a green radiance.

Final Resting Place

"Like an enormous black finger pointing at the sky," as one survivor described her, the *Titanic* had heaved herself upright at 2:18 a.m. She hovered "in this amazing attitude" for moments—some said for several minutes—and took a sudden plunge forward as everything from dynamos to cabin furniture broke loose and fell toward the bow. Then she corkscrewed slightly to port; her submerged forecastle began to shudder, and the ocean surged into A and B decks. Before the *Titanic*'s lights went out for good, she appeared "like an enormous glowworm"—even the lamps in the underwater sections of the ship continued to burn, flooding the water around the bow with a green radiance.

Then she settled back to an angle of about 70 degrees and began

continued on page 174

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BY ERIK SASS

ILLUSTRATED BY
JOHN KASCHT



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So you're an inveterate practical joker who's outgrown the fake dog poop and now wants to hang with the big boys. But you have no idea how to proceed? **SAY NO MORE!** With our easy-to-follow guide and historical examples, you'll soon be pranking lobbyists, senators, even presidents! That's right, don't listen to those prudes who cry, "Pranks are so juvenile!" You know differently. You know that a well-turned political hoax can expose corruption, force partisans to reexamine their positions, and make us all think twice about the way democracy works (or doesn't). And best of all, it can crack us up.

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1. Star in a TV Show

Just before this year's South Carolina primary, humorist Stephen Colbert announced his run for president of the United States of America of South Carolina. But here was his quandary: Elections are expensive and often need the help of money-rich political action committees (PACs). Yet by law, Super PACs must remain independent and not coordinate with political campaigns. So he created the Definitely Not Coordinating with Stephen Colbert Super PAC—and then ceded control to Jon Stewart. The two then coordinated strategy on Stewart's *The Daily Show*, with Colbert repeating, "I cannot coordinate with you in any way" in gleeful tones as Stewart floated ideas on how they could coordinate with each other. His point regarding collusion between Super PACs and campaigns made, Colbert dropped out of the race. But when he asked to have his PAC back, Stewart declined. "Are you kidding me?" he said. "This thing is a pile of money, sitting on top of a heap of cash, sitting on top of a mountain of moola. And I'm going to spend it. But in a legal, responsible way. For example, I just bought a jaguar! And I'm going to buy that jaguar its own Jaguar and teach it to drive me around!"

2. Spoof a Respectable Target



UNDERWOOD & UNDERWOOD/CORBIS

WITH THE GREAT DEPRESSION GRINDING ON, American veterans of the First World War demanded and received early payment of a bonus as compensation for their efforts. To some Princeton students, it represented government handouts at their worst. So in response, they founded the Veterans of Future Wars, after the Veterans of Foreign Wars (VFW). Their chief demand: payment *before* they served so they could enjoy the bonus with life and limb still intact. The "members" even had a salute: "hand outstretched, palm up, and expectant." Eventually, some 50,000 college students signed up. The commander of the real VFW raged against the "insolent puppies": "They'll never be veterans of a future war, for they are too yellow to go to war!" He was proved wrong, as many in the faux VFW ended up serving in the Second World War, as predicted; historians would later recognize these insolent puppies as part of the "Greatest Generation."

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3. Pick Up the Phone

When billionaire businessman and political kingmaker David Koch phoned Wisconsin governor Scott Walker in February 2011, the governor made sure to take the call. The reason for the impromptu chat: Walker's controversial push to roll back public union bargaining rights in the state. During the conversation, Walker revealed that he'd considered planting "troublemakers" in the ranks of protestors to discredit the opposition but decided against it because it wouldn't work. It was a bombshell that would reverberate in and out of the state. So how did everyone hear about it? Walker, it turns out, wasn't talking to Koch. He was, in fact, gabbing with a Koch imposter—Ian Murphy, a blogger for the Internet site the Buffalo Beast. Oops.

4. Test Their Hearing

FRANKLIN DELANO ROOSEVELT was said to have theorized that no one who meets the president actually listens to him, as the person is too nervous thinking about what he will say himself. So while pressing the flesh at White House receptions, FDR would supposedly test this theory by murmuring to each guest in line, "I murdered my grandmother this morning." One astute listener assured the president, "I'm sure she had it coming to her."



5. Hit the Bottom Line

WHEN DOW CHEMICAL ACQUIRED UNION Carbide in 2001, it rejected any claims of liability stemming from the latter's 1984 chemical-leak disaster in Bhopal, India, which resulted in over 20,000 deaths. But three years later, a man representing himself as a Dow spokesman shocked financial markets by revealing to BBC World TV that the corporation was not only accepting responsibility for the accident but would also sell Union Carbide and use the proceeds to compensate victims and clean up the still-toxic site. Dow's stock quickly plummeted $2 billion in value on one European exchange before the company could issue a denial. So who was this mysterious spokesman? He was a creation of the Yes Men, a media-savvy group committed to taking on what they see as corporate greed and very good at bluffing their way onto televised news shows. In 2009, the Yes Men tried to distribute "B'eau Pal"—bottled water reportedly drawn from the disaster site's groundwater—at Dow's London headquarters. There were no takers.

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6. Never Relent

Professional troublemaker Dick Tuck had a unique specialty: baiting Richard Nixon. During the 1950 California senatorial campaign, Tuck finagled a job organizing a rally for Nixon and booked a large auditorium, then didn't publicize the event. The result—Nixon spoke to mostly empty seats. At other events, Tuck told bandleaders that Nixon's favorite song was "Mack the Knife." Thus, Nixon was ushered onstage to the lyrics: "Oh, the shark has pretty teeth, dear ..." And during Nixon's 1968 presidential run, it was reported that Tuck hired pregnant women to hold signs at a gathering that read "Nixon's the One!" Although Nixon despised Tuck, in 1972, he hired his own dirty trickster, theorizing that his reelection campaign needed a "Dick Tuck capability."



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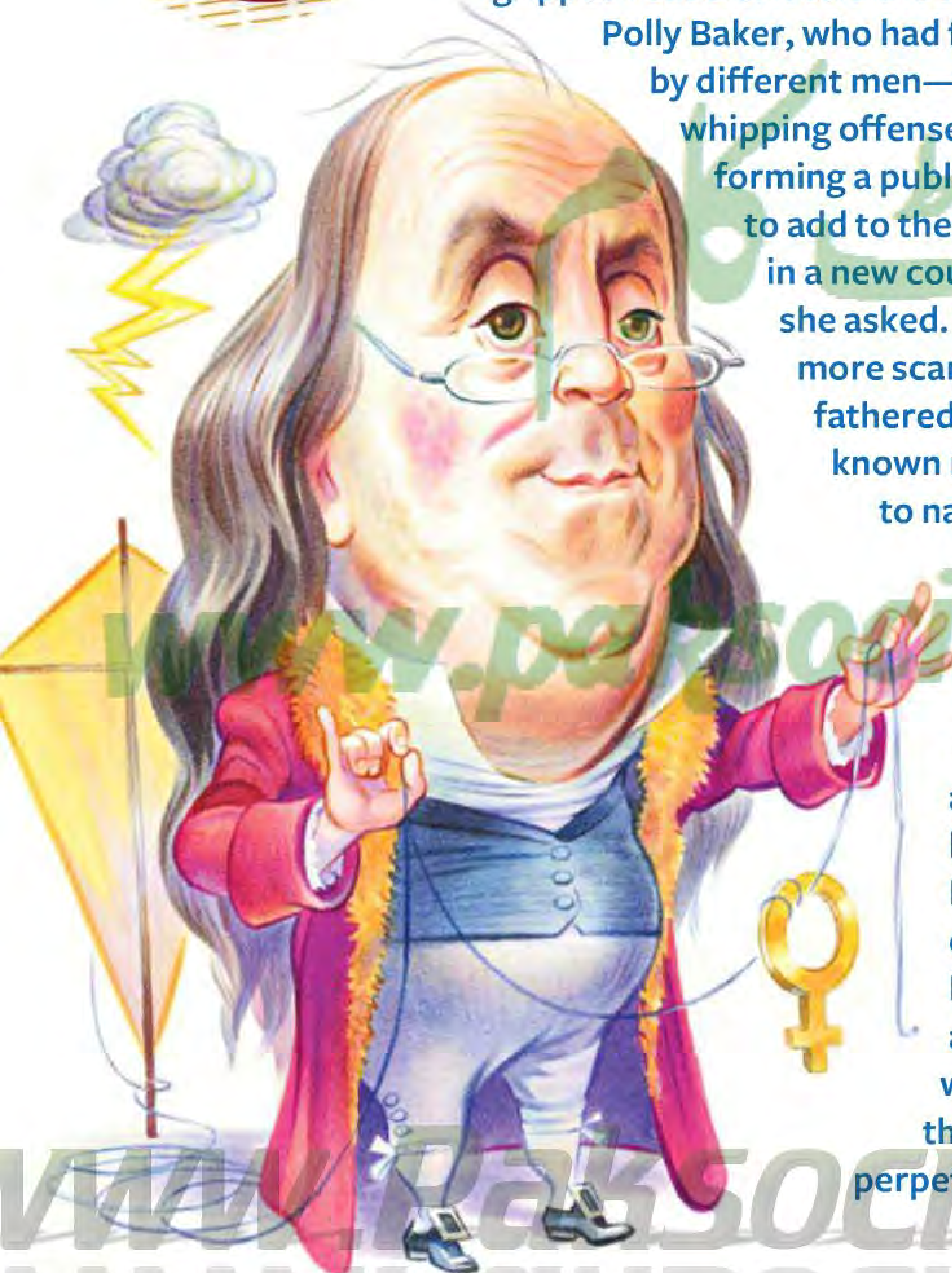
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7. Run for Office

THE NOTION OF CORPORATE PERSONHOOD has been a boon for pranksters opposing corporate influence in politics. In 2010, Murray Hill, a Maryland PR firm that promotes progressive causes, announced that it was running as a candidate for Congress, citing a recent Supreme Court decision in *Citizens United* v. *Federal Election Commission* that corporations and unions have the same rights as (human) citizens in making political donations. So why not just "eliminate the middleman" and run for office "ourselves," reasoned Murray Hill? With the slogan "Corporations are people too!" Murray Hill promised a campaign that "puts people second, or even third ... for the best democracy money can buy." Alas, the campaign was derailed by Maryland's Board of Elections, on the grounds that the firm was "not a human being."

8. Guilt Trip 'Em

In 1747, sensational court testimony published by newspapers and magazines in Great Britain and its American colonies gripped readers. It told the story of a Connecticut woman, Polly Baker, who had five children out of wedlock—all by different men—in an era when this was still a whipping offense. Polly's defense: She was performing a public service. "Can it be a crime ... to add to the number of the King's Subjects, in a new country that really wants people?" she asked. Then Polly's story took an even more scandalous turn: The man who fathered her first child became a well-known magistrate (whom she declined to name) who got off scot-free simply because he was a man. According to the story, one judge was so moved by her testimony, he married her the next day. Since you're reading an article about pranks, you might have guessed that there was no Polly Baker, no illegitimate children, and no love-struck judge. But there was a masterful hoax aimed at anyone who denied women equal treatment under the law—a favorite cause of the perpetrator, Benjamin Franklin.



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9. Throw Money at It

HAVING GAINED admission under false pretenses, on August 24, 1967, Abbie Hoffman led his band of yippies to the visitors' gallery of the New York Stock Exchange and dumped dollar bills over the balcony and onto the trading floor. They then watched gleefully as confusion and consternation ensued as stockbrokers ignored their trading to pocket the loot. On this day, the stock with the greatest gain belonged to the yippies.

10. Target Sacred Cows

The nerd world was up in arms in 1998 when a newsletter article reported that the Alabama state legislature, responding to a letter-writing campaign from a "traditional values group," had voted to change pi—the ratio of the circumference of a circle to its diameter—from 3.14 to plain old 3, thereby restoring it to its true, "biblical" value. One legislator explained, "The Bible very clearly says in I Kings 7:23 that the altar font of Solomon's Temple was 10 cubits across and 30 cubits in diameter, and that it was round in compass. The Bible does not say that the font was 30-something cubits." The subtext of the prank (penned by physicist Mark Boslough) became evident when a "school board member" suggested that the secular value of pi should be taught in school alongside the "biblical" value—a swipe at those who want the biblical story of creation taught with the theory of evolution.

11. Get Thee to Radio Shack

In 2009, a prostitute, accompanied by a law student, walked into the offices of the Association of Community Organizations for Reform Now (ACORN) seeking advice on how to avoid getting nabbed for tax evasion, prostitution, and human smuggling. The ensuing conversation and staff suggestions resulted in ACORN losing most of its federal funding and dissolving in 2010. That's because the "law student" in question was actually conservative provocateur James O'Keefe, the prostitute was a journalism student, and they captured everything on a hidden video camera. So what was O'Keefe's ax to grind with ACORN? The organization, which received federal funding, conducted get-out-the-vote drives mostly for the Democrats. While an investigation by California's attorney general found that the videos were "severely edited" and cleared ACORN of wrongdoing, anyone willing to pretend to be a prostitute and her legal adviser just to nab a story gets to go down in practical joker history. ■

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"WE LOST 151 POUNDS IN 3 WEEKS!"

Found: the breakthrough science on foods that speed weight loss! Introducing the easy, healthy new plan that puts them to work.

BY LIZ VACCARIELLO

PHOTOGRAPHED BY ERIN PATRICE O'BRIEN



They released fat!

9 lbs.
Margaret Jones, 57

16 lbs.
Stan Gniazdowski, 65

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11 lbs.
Annette Procida, 52

8 lbs.
Debbie Duren, 50

10 lbs.
Wayne Nobes, 39

11 lbs.
Diane Rohan, 48

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Raise your hand if you resolved to lose weight for the New Year—but fell back into bad habits by February. When I became editor-in-chief of *Reader's Digest*, I resolved to use this magazine's 90-year legacy of curating and condensing to simplify weight loss for you—to allow you to focus on just the essential advice that really works.

So I sent the staff (myself included) on an odyssey to analyze decades' worth of weight-loss studies. We reviewed cutting-edge nutrition advances and filtered out the gimmicks and the fads. We discovered some new reasons fat creeps on—and reliable ways to release it, so you slim down more easily.

At its heart, *The Digest Diet* is a plan about food: the healthy, natural foods shown to help you shed fat. We've named them "fat releasers" and assembled them into a simple, effective 21-day plan that will help you drop pounds quickly and safely. To prove it, we put a dozen men and women with different weight-loss goals on the plan, and their results (see left) will astound and inspire you. Here, you'll find a quick cheat sheet of the fat releasing foods, along with some general rules about how to eat them.

Our test team's success reminded us that excellent nutrition leads to good health, the foundation for a great life. When you feel good, it's much easier to wring as much joy as possible out of every day. Feeling that joy makes it harder to return to your fat creep habits. That's when healthy behaviors become automatic, hardwired into your body, heart, and soul—my sincere wish for you.

26 lbs.
Joe Rinaldi, 38

11 lbs.
Christina Ierace, 26

EXCLUSIVE BOOK EXCERPT

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13 Delicious New Fat Releasers

After an exhaustive review of weight-loss research, *Reader's Digest* editors learned a fascinating thing: Not all calories are created equal when it comes to shedding pounds. These 13 contenders seem to have a special ability to thwart your body's desire to hold on to fat, so you lose quickly and without hunger. *The Digest Diet* daily menus and recipes are loaded with these key fat releasers to help you meet the daily recommended intake (DRI) and benefit from their fat fighting properties.

Calcium

Your mom told you to drink your milk because its calcium was good for your bones. What she probably didn't know: That same calcium also helps control your hunger. Research shows that people who don't consume enough of this bone-building mineral have a greater fat mass and less control of their appetite—two things *The Digest Diet* can help you reverse.

Dairy

Yes, dairy is an excellent source of calcium, but I've singled it out because studies have found that dairy sources of calcium are markedly more effective in accelerating fat loss than other sources. Researchers theorize that other ingredients in dairy act synergistically with the calcium. (I love the two-for-one nature of this fat releaser!)

In one study out of the University of Tennessee, researchers showed that eating three servings of dairy daily significantly reduced body fat in obese subjects. And if subjects restricted calories while consuming the same dairy servings, fat and weight loss accelerated.

There's more! A great study done in 2010 indicated that drinking fat-free milk immediately after whole-body resistance training and again one hour after the workout allowed participants to increase fat loss, gain greater muscle and strength, and strengthen bones by reducing bone cell turnover. Drink milk and get all these amazing benefits? Sign me up!



Resveratrol

So many people have asked me if it's OK to have a drink when trying to lose weight. Listen up, friends, as this glass is for you!

Many studies show that a small glass of wine a day is good for your health. Researchers credit the anti-aging properties of resveratrol (found in red grapes, mulberries, and peanuts) in red wine. Now cutting-edge research suggests this antioxidant is a fat releaser too.

In one large study of more than 19,000 women of normal weight, light to moderate drinkers had less

LISA SHIN

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weight gain and less risk of becoming overweight than those who drank no alcohol. In several animal studies, researchers have demonstrated that moderate alcohol consumption does not promote weight gain. And in another separate animal study done in 2006, researchers found that resveratrol improved exercise endurance as well as protected against obesity and insulin resistance, a precursor to diabetes.

Coconut Oil

While *The Digest Diet* recommends keeping saturated fat intake to under 10 percent of total calories, one source sits at the top of the "should enjoy"

The Digest Diet at a Glance

Our book unveils groundbreaking science on 13 newly identified fat burning foods and nutrients, then puts it all together into one easy-to-follow, 21-day plan. The simple eating rules laid out in the plan produced our test team's amazing results. Here's how to shift your body into fat release mode.

Phase 1: Fast Release Days 1 to 4

Flood your body with nutrition: As week one begins, you'll fill up on homemade shakes and hearty soups that are rich in vitamins, minerals, and protein to gently coax your body into quick, safe weight loss. (Our top tester, Joe Rinaldi, lost ten pounds during this phase, while Adrienne and Diane lost seven pounds each!) And each day, you can munch on a crunchy snack loaded with the fat releasers vitamin C, calcium, and fiber.

Phase 2: Fade Away Days 5 to 14

Go lean and green: That's the theme of this ten-day phase in which you'll continue to rack up steady weight loss while enjoying a Mediterranean-style diet rich in lean protein, healthy fats (MUFAs and PUFAs), and a bounty of vegetables. You'll have two fat releasing snacks to keep hunger at bay. Every night, you get to sip a glass of red wine or savor a handful of red grapes for dessert.

Phase 3: Finish Strong Days 15 to 21

Eat a balanced diet for life: That's what phase 3 teaches you as you choose from a wider variety of family-friendly meals (such as pizza, pasta, and couscous) while eating appropriate portions of carbs, proteins, and healthy fats. And of course, every meal will contain a number of nutritious, fat releasing foods. This phase helps you both reach your goal weight as well as maintain what you've lost.

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list: coconut oil. Why? This sweet, rich oil was shown to do some pretty nifty things for abdominally obese women in a 2009 study out of Brazil, including decreasing their waist circumference, increasing beneficial HDL (high-density lipoprotein) cholesterol and improving the ratio of "bad" LDL (low-density lipoprotein) to "good" HDL cholesterol. And in populations where coconut oil is commonly eaten, high cholesterol levels and heart disease are not common.

PUFAs and MUFAs

In 2006, I uncovered exciting research suggesting that monounsaturated fatty acids, or MUFAs, helped people store less belly fat. Eating a diet rich in olives, olive oil, nuts and seeds, dark chocolate, and avocado has kept my belly lean and my energy up for years! These healthy fats are a mainstay of my diet.

But during my dive into the current research, I came across a small study from the Netherlands that suggests we should also enjoy polyunsaturated fatty acids, or PUFAs, found in fish and in many nuts and seeds. In this study, consumption of a high ratio of PUFAs to saturated fats led to a higher resting metabolism, as well



ERIN PATRICE O'BRIEN

What Success Looks Like

"My Energy Is Soaring!"

"I never thought it was possible to lose so much weight so quickly and healthfully."

Why she did it: When the scale climbed past 200, Adrienne began to worry about her health. Her back and knees hurt, and her cholesterol rose too high.

How she feels: Her energy has skyrocketed. "I literally jumped out of bed at 5 a.m." Her food tastes naturally shifted. "I craved greens—spinach, broccoli, fennel. That's new for me." Best of all, her health goals are on track. "My skin is glowing, my pain is lessened—plus I don't get headaches anymore! I feel so optimistic."

UPDATE: She's still losing! Adrienne lost six more pounds after the first picture was taken. So we took another one!

Adrienne Farr

BEFORE: 209 POUNDS

21 DAYS LATER: 191 POUNDS

TOTAL POUNDS LOST: 18

TOTAL INCHES LOST: 9.5

BELLY-FAT INCHES LOST: 3

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What Success Looks Like

A Family Man Gets Healthy

"I used to inhale four cheeseburgers in two minutes," says Joe. "Now I'm satisfied by a 35-calorie piece of cheese."

Why he did it: It was difficult to ice-skate with his four children. "I'd like to be able to chase them all down instead of sitting down."

How he feels: "I am out of the rut I was in," says Joe, who lost an astounding ten pounds in the first four days. He breathes more easily during exercise, and his right knee hurts less. "I have more energy and better control over my eating. I feel more confident at work, my clothes fit better, and I'm looking forward to taking off the rest of the weight."

Joe Rinaldi

BEFORE: 394 POUNDS
21 DAYS LATER: 368 POUNDS
TOTAL POUNDS LOST: 26
TOTAL INCHES LOST: 7.75
BELLY-FAT INCHES LOST: 2



as a greater diet-induced calorie burn.

But one clarification: Our focus will be primarily on long-chain n-3 PUFAs, commonly known as omega-3s. Researchers theorize that the weight-loss benefits of omega-3s may be a result of their anti-inflammatory effects (inflammation in the body has been strongly linked to obesity). I also love the fact that these healthy fats are associated with protection from cardiovascular disease and enhanced mood.

Protein

I'm fond of this macronutrient powerhouse for so many reasons: It promotes healthy skin, hair, nails, bones, and muscle. It's also a fabulous weight-loss aid, according to a 2005 study from Arizona State University. Protein increased satiety (satisfaction and feelings of fullness) and increased after-meal calorie burn. In other words, eating protein-rich meals, rather than higher-carbohydrate ones, leads to more satisfaction, less hunger, and more fat burn. I love that: three benefits in one. Earlier research also found that people following

LEFT: ERIN PATRICE O'BRIEN; RIGHT: LISA SHIN

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Fat Releasers
VITAMIN C: Broccoli rabe, escarole, citrus fruits, red pepper, cantaloupe, kiwi, strawberries

higher-protein diets generally decrease their food intake by an average of 10 percent (about 200 calories).

Vitamin C

You've heard for years to stock up on your C to fend off colds, but are you aware of the vitamin's reputation as a weight-loss aid? Research suggests that the bodies of folks who are deficient in vitamin C cling more stubbornly to fat. In 2008, researchers in Quebec reviewed a stack of studies to find what they called "unsuspected determinants of obesity." Their review linked less-than-ideal intakes of particular micronutrients to an increased likelihood of being overweight. They identified deficiencies in vitamin C, zinc, magnesium, and vitamin E as risk factors for having a higher percentage of body fat and belly fat.

Quinoa, Honey, and Cocoa

What do the three share? All may lead to less fat deposition in our bodies.

Quinoa. I'm keen on quinoa for many reasons: This ancient grain is a nutritional powerhouse, chock-full of protein, amino acids, phytosterols, and vitamin E. A study published in 2011 points to its promise as a fat inhibitor. Animals fed supplements containing a

LEFT: LISA SHIN; RIGHT: ERIN PATRICE O'BRIEN

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quinoa-seed extract had less body fat, lower body weight, and decreased appetite. Also, quinoa is versatile and can be made into crackers, side dishes, and hot cereals.

Honey. This natural sweetener has also shown great promise in animal studies for reducing weight gain and body fat when substituted for sugar. Known to have antibacterial, antiviral, and antifungal properties, honey boasts wide-ranging health benefits. It may improve blood sugar control and immunity, and it's an effective cough suppressant.

Cocoa. If you're like me, you welcome any new excuse to add more chocolate to your life. Cocoa contains more phenolic antioxidants than most foods. Just look at this list of benefits from a recent study done at the Yale-Griffin Prevention Research Center by David L. Katz, MD, and his colleagues: "Cocoa can protect nerves from injury and inflammation, protect the skin from oxidative damage from UV radiation ... and have beneficial effects on satiety, cognitive function, and mood."

What Success Looks Like

Taking Midlife by Storm!

"I kept weighing myself in the morning, and the scale kept getting lower and lower!"



Why she did it: The past four or five years, nothing was working when it came to weight loss, says this 48-year-old. "The doctor tells me I'm 'middle-aging.' Well, I just don't accept that."

How she feels: *The Digest Diet* was just the jump start she needed. "I can zip my size-10 jeans!" says Diane. She's less sluggish, and her skin is clear and bright. "People ask if I'm getting facials." She's brimming with confidence about meeting her next goal: "the size-8s at the back of my closet!"

Diane Rohan

BEFORE: 185 POUNDS
21 DAYS LATER: 174 POUNDS
TOTAL POUNDS LOST: 11
TOTAL INCHES LOST: 8.5
BELLY-FAT INCHES LOST: 2

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Weight-Loss Myths You're Falling For

Yahoo! Health and *Reader's Digest* teamed up to poll your knowledge and attitudes about dropping pounds. We discovered you hold some cherished but erroneous beliefs that could sabotage your efforts to slim down.

MYTH YOU BELIEVE EXERCISE IS YOUR BEST WEIGHT-LOSS WEAPON

Seventy-one percent of adults agree that the best way to lose weight permanently is through exercise. Only 41 percent believe restricting calories is the best way.

THE TRUTH Exercise alone leads to a very modest reduction in total body weight: less than 3 percent! To achieve effective weight loss, you have to pair exercise with the right diet plan.

MYTH YOU THINK CARDIO EXERCISE BURNS THE MOST FAT

Seventy-one percent of people do cardio workouts, and 56 percent believe cardio workouts burn the most fat.

THE TRUTH Doing aerobic exercise at the same intensity isn't nearly as effective at fighting fat creep as surprising your body with interval training or strength training. In one study, as few as three 11-minute strength-training sessions a week increased metabolism and the number of calories burned during sleep. The key is to alternate intense bursts of activity with short periods of rest.

MYTH YOU THINK A SIMPLE WALK WILL DO

Only 29 percent of people push themselves "a lot" when they exercise. Fifty-nine percent push themselves only a little, and 13 percent not at all.

THE TRUTH A growing body of research suggests that bursts of intense activity, where you really get your heart pumping, are the most effective way to burn calories and get fit. And here's the kicker: If you perceive you are working out harder than you really are, research shows that you're more likely to regain weight. A good indicator that you're going all out: You find it hard to carry on a conversation during your exercise routine.



See **rd.com** and **health.yahoo.com** for more poll results.

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Fiber and Vinegar

Throughout the years, various weight-loss researchers have recommended starting a meal with a salad to stave off hunger and ensure that you don't overeat. But why does this work exactly? One reason is that salads are a great source of fiber: lettuce greens, carrots, tomatoes, and the like all have plenty of this macronutrient. Fiber's effects on increasing feelings of satiety are well documented.

The surprise here? The vinegar that comes along for the ride in salad dressing also helps you feel full. Research has shown that vinegar can lessen the glycemic effect of a meal (meaning it tends not to spike your blood sugar), which has been linked to satiety that reduces food intake. Vinegar may also prevent body-fat accumulation, according to a 2009 animal study by Japanese researchers. Mice that were fed acetic acid, the main component of vinegar, for six weeks accumulated less body fat.

Whether you eat them together or not, know that fiber and vinegar are great tools to have on hand whenever you feel the need to tame your appetite and turn on fat burning controls. If you're not a fan of salad, there are plenty of other sources.

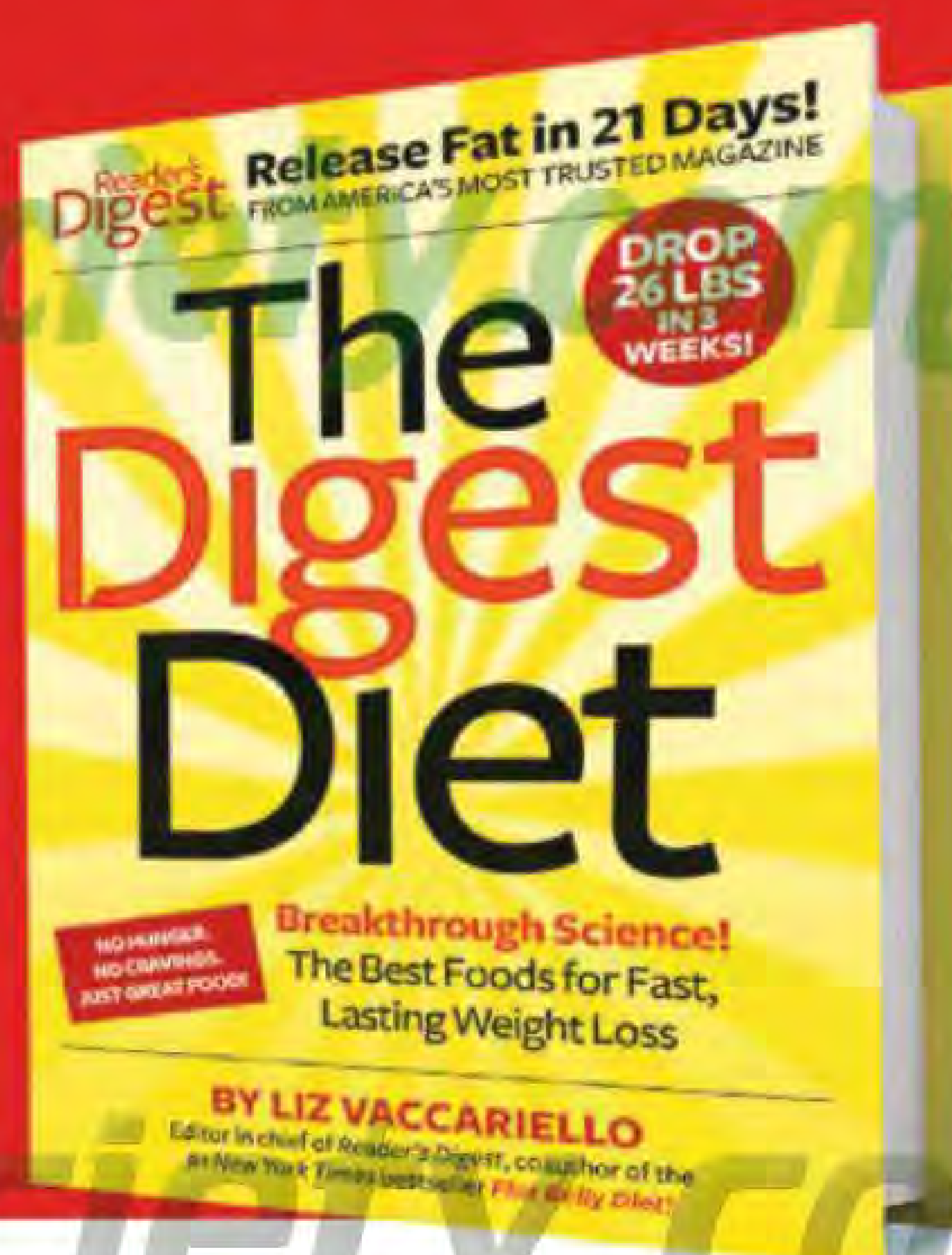
RESULTS IN 21 DAYS!

See It for Yourself!

The only place to get more details about the fat releasing foods, menus, and recipes in *The Digest Diet* is digestdiet.com. In the book (available here but not in bookstores yet), you will find:

- **Specific guidance** on the 22 foods, moves, and attitudes that help you release fat!
- **A 12-minute "quick burst"** fat release workout
- **Over 50 recipes** filled with fat releasing foods
- **Motivation! Suggestions and support** from *Reader's Digest* to ease your weight-loss journey.
- **Inspiration! More results** and tips for success from our test team.

For more information and video of our test team and Editor-in-Chief Liz Vaccariello, go to **digestdiet.com.**



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Test Team Favorite!

Pizza with Wilted Greens, Ricotta, and Almonds

Hands-on Time: 15 minutes • **Total Time:** 30 minutes • **Makes:** 4 servings

Here's an example of how *The Digest Diet* squeezes as many fat releasers as possible into one easy-to-make, delicious dish. Prebaked whole wheat pizza shells, available in the bread aisle of the supermarket, mean you can have a much healthier pizza on the table in less time than it takes to get one delivered. If you prefer, swap in low-fat cottage cheese for the ricotta; make it supercreamy by pureeing it in a food processor for a minute.

- ¼ cup plus 2 tsp. water
- 2 cloves garlic, thinly sliced
- ½ tsp. chopped fresh or dried rosemary
- 12 oz. escarole, well washed and cut into ½-in.-wide ribbons
- 2 tsp. extra-virgin olive oil
- 1 thin-crust whole wheat pizza shell (12-inch)
- 1 cup part-skim ricotta cheese
- ¼ tsp. fine sea salt
- ¼ tsp. black pepper
- ¼ cup no-salt-added tomato paste
- 3 tbs. sliced almonds

PER 2-WEDGE SERVING:

- 341 calories • 17 g protein
- 13 g fat (5 g saturated) • 10 g fiber
- 296 mg calcium • 10 mg vitamin C
- 44 g carbohydrate • 603 mg sodium

1. Preheat oven to 500° F.
2. In a large (12-inch) skillet, combine ¼ cup water, garlic, and rosemary and bring to a boil.
3. Add escarole, large handfuls at a time, adding more to pan as each batch wilts. Cover and cook until escarole is tender, about 5 minutes. Drain.
4. In a small bowl, whisk together oil and remaining 2 tsp. water. Brush onto pizza shell and place it on baking sheet. Bake for 5 minutes.
5. In a small bowl, stir together ricotta, salt, and pepper.
6. Remove pizza shell from oven and reduce oven temperature to 375° F. Brush top of pizza shell with tomato paste. Top with escarole and then spoonfuls of ricotta mixture. Sprinkle with almonds. Bake until crust is crisp and almonds start to brown, 3 to 5 minutes. Cut into 8 wedges.

FRANCESCO TONELLI

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Fat Releasers
Garlic, rosemary, escarole, olive oil, ricotta cheese, black pepper, tomatoes, almonds

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Writer Benjamin Busch left his rural home for the Marines and two tours of Iraq. But he never lost his love for the natural world.

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The Secret Language of Wood

The author peers out of a barn on his property in Reed City, Michigan, where he lives with his wife and two daughters.

PHOTOGRAPHED BY TAMARA REYNOLDS

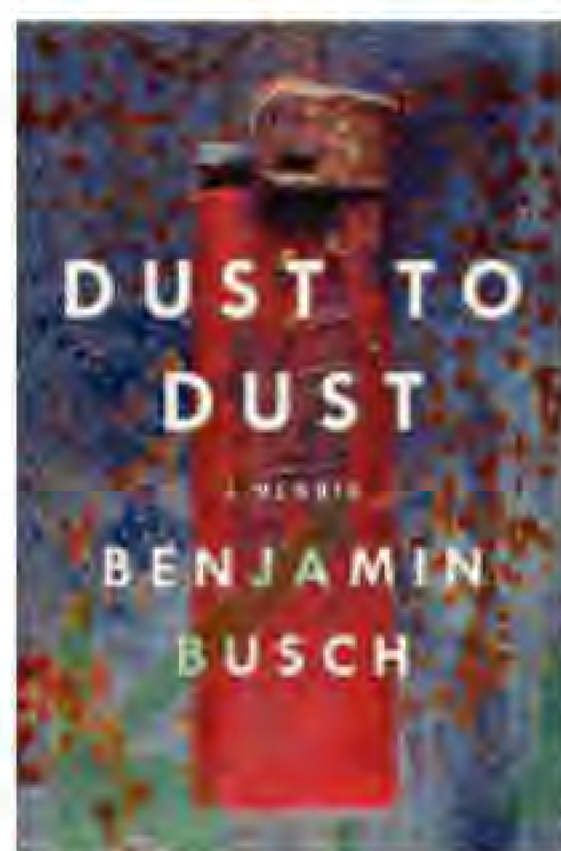
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Wherever we go, however we live, we're intimately bound to nature's elements. In an excerpt from his memoir, Benjamin Busch regards his life in five passages, through wood.

ONE

Trees seem to be random, their arrival in fields and the top of hills unexplainable, their growth mysterious. It is hard to imagine the wood of trees while they stand, but inside there is something magical happening. The growth of trees is not repetitive but additive, each year recorded in their flesh. Cut wood can be burnished like clay, polished to show its grain like stone, and on the shore, bleached driftwood looks like worn bone. Wood is known for how it burns more than for how it grows, but it is trees that most clearly mark time. The destruction of a tree by ax, rot, or fire is an assurance that memory is not intended to survive. Trees grow with us.



TWO

When I was about seven years old, my family lived in the small town of Poolville. One day, my parents wanted to see the countryside in winter. My brother and I sat in the back of the station wagon as we drove out into the great white cold of central New York. It was before Christmas because there were boxes of books in the back of the car that my father had not yet donated to the library for the tax year. The car whistled as we went and always felt frigid in the back, the large empty bay incapable of holding any heat. The roads farthest from the village were plowed last, and my parents chose to drive onto one that had not yet been cleared, identifiable only by recent truck tracks and a row of skeletal maples lining its shoulder. We moved on the confidence my father had in the new snow tires he had bought. He relied on local wisdom for all mechanical matters and would quote mechanics as if they were philosophers. He had grown up in Brooklyn and somehow maintained an urban perspective on the natural world despite his long tenure in rural territory.

It had been little more than momentum that had kept us from being trapped by the deepening snow. The tracks we had been following turned off, my father hesitated, and the car slowed to a stop. My parents decided that they had seen enough, and my father tried to turn around. The wheels spun and revealed the smooth ice below the snow. My mother offered advice, which was to gun the engine and rock in their seat. My father got out and looked at the road as if something



Busch fishing in the Sangerfield River in Poolville, New York, where he lived until he was 13.

COURTESY BENJAMIN BUSCH

were wrong with it. I got out, too, and we stood examining the polished ice and tire treads packed smooth with snow. They talked strategy. I suggested that we use fallen branches from the maples as traction and went to gather some, but when I returned with an armful of sticks, my father had already taken action. He had arranged his old books, open, packed in front of each tire. I was shocked. I thought that my mother, a librarian, would never allow it, but she sat in the front, far from town, resigned to accept forfeiture.

I stood outside, still holding the sticks, as my father got in, started the engine, and hit the gas. The wheels stripped pages and threw them in a plume behind the car. A few were mangled, but many simply tore free and were thrown like large sheets of confetti. The paper did not look like snow and was noticeable on the road. One of the books was by Dickens, a duplicate my father had found in a

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box of books bought for a few dollars at an auction. He got out, and we looked at the pages blown over the snow. He could tell that I was horrified, but he smiled and said, "Dickens would be proud to know that his book had been sacrificed to save little boys." We had watched *A Christmas Carol* that year, and I had seen *Oliver!* in London. I guessed that he was right.

We were eventually rescued by a plow and went home to soup and less confidence in snow tires. A farmer walking along his field in spring would find, spread along his fence, pages of Dickens caught in the barbs with the dry leaves of fall.

THREE

Wood kept its stories, and I was aware of forest when I stood inside wooden spaces. After four years studying studio art at Vassar College, I joined the Marines and became an infantry officer. I spent much of my first four years of active duty patrolling the forests of Virginia and North Carolina on military training grounds, and I continued to find myself on tree-lined firing ranges during my next six years in the reserves.

A military range tower was like the bridge of a ship at night. The front looked out through Plexiglas that had not been cleaned for 15 years or more. Along a wooden table there was a PA microphone and a radio or two to send instructions to the line of shooters below and report fires and trouble to Range Control. Men sat here leaning forward to look at the same ground, moments of scrutiny followed by hours of boredom. The tower had this one purpose. It was a watchtower, and so we watched. It seemed to be the same tower wherever we went. The range towers at Quantico, Virginia, were like those in Okinawa, Japan. The same as those at Fort Knox, Kentucky; Camp Shelby, Mississippi; and Camp Lejeune, North Carolina. We climbed the stairs and opened the door to find the same smell and the same wood. We felt the same inside.

The table that ran the length of the room beneath the windows was the tower's record. The plywood looked glossy, burnished by thousands of forearms rubbing oil and sweat into the pressed wood. Visitors also began to carve into it. Names, units, weapons, and jokes were cut through the first layer of veneer with knives, and they darkened as grime gathered in their depressions. The grain in the wood was traced with pens until it looked like a magnified topographical map. The map of the range looked the same, its liquid lines curving around the hills, marking changes in elevation.

Laid over the map was clear plastic with the arbitrary range span drawn on it, the right and left lateral limits of gunfire beyond which bullets could travel into other ranges and training areas. Everything we fired with such precision could go astray. It was all part of the calculus of death, and there it was on the table beside the names, units, and tracings of wood grain.

Before these lands were purchased

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for military training grounds, they had been private property. The range at Fort Pickett, Virginia, fired into the space that had been a town. A cemetery was still marked on the map, though we could not see any gravestones from the tower. Most ranges had been farms; generations of people clearing the land had left no markings of toil or crops or cattle. No epitaph but the names carved into the range towers one hundred years later or on graves in places too dangerous to read, surrounded by live fire. No one came to visit these dead, their burials long forgotten by the departure of families unable to return to a place anyone could now call home.

Our bullets searched for the dead in the soil, blowing it into the air in sudden clouds that obscured the point where the metal had entered the ground. The earth around the targets was powdered, leaded, lifeless, and discolored, as if the planet had vented something toxic at these ruptures. Low brush and grass encircling the impact areas had blackened with fires in the dry summers. We stared at these mounds from the tower, waiting for them to erupt again, and in the forest grown up at the edge of the range were the gravestones marking where the farmers and townspeople had gone underground, their town submerged, traveling invisible to us who had never seen it, to appear again in someone's dreams of youth.

FOUR

For ten years I trained, shooting into abandoned American fields, keeping the trees from returning. In the eleventh year, I was sent to invade Iraq. The land between Kut and Jassan was a barren expanse of powder. We had rehearsed in the brush and forests of North Carolina for this treeless landscape known as Hawr Ash Shuwayjah. It was said to hold the downpours that fell on it in the spring, and it also caught the flood of rainwater that drained off the dirt hills of Iran to the east. The ground was chalky silt and seemed hostile to permeation. It was too level to allow the gathered waters to run off, and so for days they covered miles of desert in every direction, slowly evaporating and, maybe, sinking into the soil.



It was the dry season in 2003 when we got there, and the empty plain lay as a lake of dust covered by a fragile crust of dried mud. On our maps the area was labeled as a marsh. The last exposed water evaporated into nearly invisible clouds to be carried over the

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hills. It would rain onto Iran or fall as snow in the mountains of Afghanistan, moving always east with the winds or south with the rivers. It was to cross the world forever, rising and falling. Some of it had fallen on New York and on Michigan, taken in by trees, and it would eventually fall there again.

There were towns beside oasis pools where palm trees grew. They were thick and tall, primeval-looking and dull with dust. Clusters of orange-yellow dates dangled under their umbrella of ancient fronds. At the edge of one oasis lay the trunk of a fallen palm. It had been cut down with an ax with what looked to have been a great effort. Someone had tried to burn it, with almost no effect other than blackening a small spot. I looked to see how old it was, but there were no growth rings. Palms do not grow that way. The only tree I could find in the desert could not be burned, and its years could not be counted. A palm tree is like a desert.

FIVE

My second tour took me to the embattled Sunni city of Ramadi, capital of the Anbar Province. I was wounded there, lost friends, and finally returned home on my daughter's first birthday. It had been a hard deployment, and it would be my last. I went back to central New York to see my parents and walk in the world of trees I had grown up in. My mother had kept the gardens well, and the interior of the house appeared unchanged. The rest of the land was being transformed, though, and I had been away from my trails for a long time.

The maple that defined the corner of the land was still there, a steel pipe marking the spot in its roots where nothing changed. It was showing its fatigue, pieces of it breaking off and littering the ground around its base. It was not dead, just older, its center hollowing and the rings of its youth rotting as the rings of its late age continued to form, keeping count. One more year. The great tree was being replaced by its offspring, young straight maples growing with no memories of the old forest here or the loggers or the pasture that followed or the farmers, all leaving the one tree to mark the property line. The one tree that brought the forest back. These things happen. I was understanding. It was giving the sun to its young, as parents do, declining itself into shade.

The topography of the land was revealed, but I had to keep moving to maintain a sense of it. The trees screened the view and kept changing what I could see as I walked, as if I were looking through blinds with thinly spaced slats. The straight saplings I had left standing on the hill when I was young were trees now. They kept the light high above, and I was sorry to find the wild apple trees dead in their shade. They lay in piles of dark twisted fragments. They looked damp, almost charred, bark fallen off, small. With the pieces remaining, I could not reassemble the trees









Clockwise from top left: "This picture was taken by my mother at Stonehenge in England. I'm two years old and already carrying sticks around with me. In the next image, I'm wading in the Sangerfield River near our home in Poolville, at age four. Two years later, I'm building a log tower, one of many, with sticks from the forest where I spent time almost every day. In the last photo, I'm 14. This is the stone fort I built on our land in Sherburne, New York, with rock cleared from our field 100 years before. I framed the roof with quaking aspen logs cut with the little hatchet I still use."

COURTESY BENJAMIN BUSCH (4)

to be as large as I remembered them.

There was a message in the change that had occurred since I had left home after high school. Having been so long absent, I could see the evolution of wilderness. The trees had risen or fallen, 16 new rings sealed in the thickening trunks of the standing wood. I had a point of reference. I had seen trees when they were young. The land was not ageless. I went back inside the house for dinner. It was comforting to see home preserved, constant, and safe from the evidence of nature's wild. ■

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... Differently

It looks like alien topography—but it's just the way the fortune cookie crumbles. Having spent a decade as a commercial food photographer, Caren Alpert now uses an electron microscope to capture a different view of what we eat. "I want to show what is there but what we never actually see: landscapes, patterns, and textures," she says. This image is titled "terra cibus no. 4: fortune cookie."

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An Open Letter to the Guys Who Kicked the Soccer Ball over the Fence and Asked Me to Toss It Back to Them, Thus Scarring Me for Life

BY JEN CORDERY FROM **mcsweeneys.net**

Dear Guys Who Kicked the Soccer Ball over the Fence and Asked Me to Toss It Back to Them, Thus Scarring Me for Life,

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I'd like to talk to you about the two minutes of sheer humiliation you subjected me to last night. Let me first refresh your memory: You, a group of fit, young men, were playing soccer on the AstroTurf field across from my apartment building. I, a better-than-average-looking young woman, was walking by with my groceries, whining silently to myself about the pain the half gallon of milk was causing my nonexistent arm muscles. That's when your ball came flying over the fence and landed at

PHOTOGRAPHED BY ERIN PATRICE O'BRIEN

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my feet. One of you approached and asked politely if I would toss the ball back to you. Fighting the urge to flee screaming down the street, I agreed.

Before I continue, let me shed light on something that I didn't have a chance to mention last night: I hate sports. More specifically, I hate baseball, soccer, Ping-Pong, Quidditch—anything with a ball. This stems from my lack of natural ability when it comes to throwing, catching, and hitting. I'm bad at aiming, too, and also general hand-eye coordination.

However, wanting to appear agreeable, I put my bags down, picked up the ball, and, grimacing, eyes half shut, threw it as hard as I could.

It hit the middle of the fence and bounced back to me.

Trying to act nonchalantly, I chuckled and muttered something about being out of practice, then picked up the ball again. If you'll recall, at your behest, I agreed to try throwing underhand. I thrust the ball upward with all my might, at first thankful that your anticipatory applause stifled my involuntary grunt, then horrified by what happened next.

The ball hit slightly higher up on the fence and bounced back to me.

This is the point where I start to take issue with you. Wouldn't it have been a better use of your time, and mine, if you had just walked around the fence and retrieved the ball then? I was clearly struggling: My smiles were more and more forced (no, you can't normally see my wisdom teeth),



"This is why I don't play dodgeball."

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and I had turned an unhealthy shade of scarlet. And yet you all just stood there, transfixed.

Seeing that you weren't going to let me off the hook, I became desperate. Memories of middle school softball came flooding back. Being picked last. Always assigned to the outfield. That one time when someone hit the ball out to me and I was forced to run to it and throw it toward first base. Then, when it landed only eight feet in front of me, having to run to it again and throw it again, this time toward second. And, when it again went only eight feet, deciding to pick it up and sprint with ball in hand to third whilst exasperated 13-year-old boys screamed at me.

Being a big girl now, I pushed those memories aside and picked up the soccer ball for the third time. I forced a good-natured and slightly too-high-pitched chortle while crying inside as you patiently lobbed words of support over the fence at me like I was a two-year-old holding an inflatable beach ball for the first time.

"Throw it granny-style!" one of you said.

"Just back up a little and give it all you've got!" another offered.

And, most embarrassing of all, "You can do it!"

I know you thought you were being encouraging, but it only served to deepen the humiliation.

Nevertheless, I accepted your ball-throwing advice, backed up, rocked back and forth a little, took a deep breath, and let it fly.

It hit the rim of the fence and bounced back to me.

I willed myself to have a heart attack and pass out just so I'd be put out of my misery. Alas, the heart attack didn't happen, and you continued to look at me expectantly, like you were content to do this all night. I had become a sort of spectacle for you. I could feel your collective thoughts drifting through the chain link: Can she really not do it?

Memories of gym class came flooding back.

Unfortunately for you, I wasn't really game to continue your experiment. Three failed attempts at a simple task in front of a group of people in a two-minute period was just enough degradation for me for one night. I picked up the ball, approached the fence, and grumbled, "Please just come get it."

And you did. And thanks to you, I resolved at that very moment to never throw anything ever again, except disdainful glances at people who play sports.

Sincerely yours,
Jen Cordery

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Cheer Up!

17 reasons it's a great time to be alive

ADAPTED FROM ***Reader's Digest,* U.K. edition,** AS TOLD TO JOHN DYSON

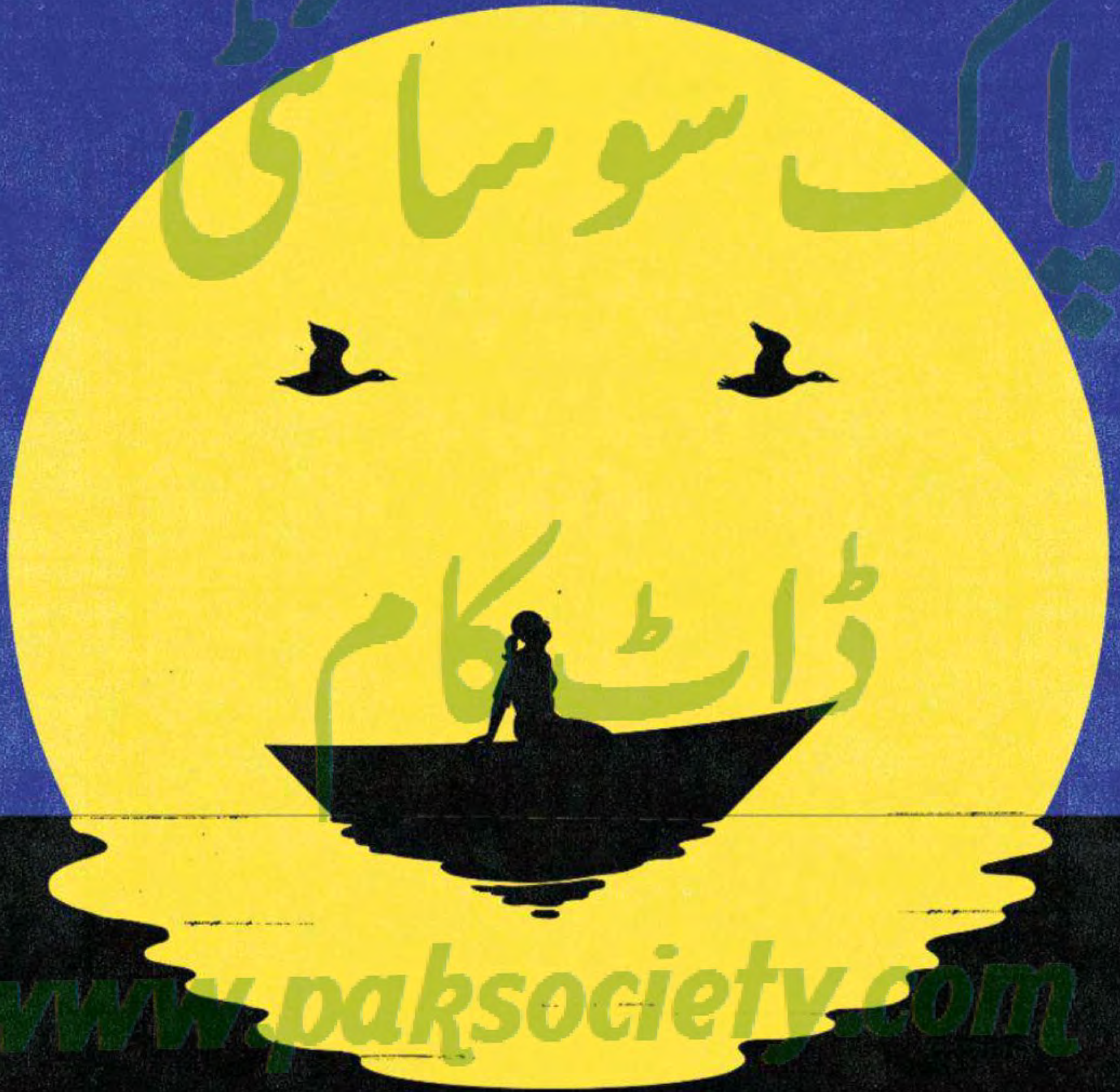
"The world has never been a better place to live in," says science writer Matt Ridley, "and it will keep on getting better." Today, in a world gripped by global economic crisis and afflicted with poverty, disease, and war, them's fightin' words in some quarters. Ridley's critics have called him a "denialist" and "shameful" and have accused him of "playing fast and loose with the truth" for his views on climate change and the free market.

Yet Ridley, 54, author most recently of *The Rational Optimist*, sticks to his guns. "It is not insane to believe in a happy future for people and the planet," he says. Ridley, who's been a foreign correspondent, a zoologist, an economist, and a financier, brings a broad perspective to his sunny outlook. "People say I'm bonkers to claim the world will go on getting better, yet I can't stop myself," he says. Read on to see how Ridley makes his case. Brilliant or bonkers? You decide.

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1 We're better off now

Compared with 50 years ago, when I was just four years old, the average human now earns nearly three times as much money (corrected for inflation), eats one third more calories, buries two thirds fewer children, and can expect to live one third longer. In fact, it's hard to find any region of the world that's worse off now than it was then, even though the global population has more than doubled over that period.

2 Urban living is a good thing

City dwellers take up less space, use less energy, and have less impact on natural ecosystems than country dwellers. The world's cities now contain over half its people, but they occupy less than 3 percent of its land area. Urban growth may disgust environmentalists, but living in the country is not the best way to care for the earth. The best thing we can do for the planet is build more skyscrapers.

3 Poverty is nose-diving

The rich get richer, but the poor do even better. Between 1980 and 2000, the poor doubled their consumption. The Chinese are ten times richer and live about 25 years longer than they did 50 years ago. Nigerians are twice as rich and live nine more years. The percentage of the world's people living in absolute poverty has dropped by over half. The United Nations estimates that poverty was reduced more in the past 50 years than in the previous 500.

4 The important stuff costs less

One reason we are richer, healthier, taller, cleverer, longer-lived, and freer than ever before is that the four most basic human needs—food, clothing, fuel, and shelter—have grown markedly cheaper. Take one example: In 1800, a candle providing one hour's light cost six hours' work. In the 1880s, the same light from a kerosene lamp took 15 minutes' work to pay for. In 1950, it was eight seconds. Today, it's half a second. In these terms, we are 43,200 times better off than in 1800.

5 The environment is better than you think

In the United States, rivers, lakes, seas, and air are getting cleaner all the time. A car today emits less pollution traveling at full speed than a parked car did from leaks in 1970.

6 Shopping fuels innovation

Even allowing for the many people who still live in abject poverty, our own generation has access to more

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calories, watts, horsepower, gigabytes, megahertz, square feet, air miles, food per acre, miles per gallon, and, of course, money than any who lived before us. This will continue as long as we use these things to make other things. The more we specialize and exchange, the better off we'll be.

7 Global trade enriches our lives

By 9 a.m., I have shaved with an American razor, eaten bread made with French wheat and spread with New Zealand butter and Spanish marmalade, brewed tea from Sri Lanka, dressed in clothes made from Indian cotton and Australian wool, put on shoes of Chinese leather and Malaysian rubber, and read a newspaper printed on Finnish paper with Chinese ink. I have consumed minuscule fractions of the productive labor of hundreds of people. This is the magic of trade and specialization. Self-sufficiency is poverty.

8 More farm production = more wilderness

While world population has increased more than fourfold since 1900, other things have increased, too—the area of crops by 30 percent, harvests by 600 percent. At the same time, more than two billion acres of "secondary" tropical forest are now regrowing since farmers left them to head for cities, and it is already rich in biodiversity. In fact, I will make an outrageous prediction: The world will feed itself to a higher and higher standard throughout this century without plowing any new land.

9 The good old days weren't

Some people argue that in the past there was a simplicity, tranquillity, sociability, and spirituality that's now been lost. This rose-tinted nostalgia is generally confined to the wealthy. It's easier to wax elegiac for the life of a pioneer when you don't have to use an outhouse. The biggest-ever experiment in back-to-the-land hippie lifestyle is now known as the Dark Ages.

10 Population growth is not a threat

Although the world population is growing, the rate of increase has been falling for 50 years. Across the globe, national birth rates are lower now than in 1960, and in the less developed world, the birth rate has approximately halved. This is happening despite people living longer and infant-mortality rates dropping. According to an estimate from the United Nations, population will start falling once it peaks at 9.2 billion in 2075—so there is every prospect of feeding the world forever. After all, there are already seven billion people on earth, and they are eating better and better every decade.

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11 Oil is not running out

In 1970, there were 550 billion barrels of oil reserves in the world, and in the 20 years that followed, the world used 600 billion.

So by 1990, reserves should have been overdrawn by 50 billion barrels. Instead, they amounted to 900 billion—not counting tar sands and oil shale that between them contain about 20 times the proven reserves of Saudi Arabia. Oil, coal, and gas are finite, but they will last for decades, perhaps centuries, and people will find alternatives long before they run out.

12 We are the luckiest generation

This generation has experienced more peace, freedom, leisure time, education, medicine, and travel than any in history. Yet it laps up gloom at every opportunity. Consumers do not celebrate their wonderful field of choice and, according to psychologists, say they are "overwhelmed." When I go to my local superstore, I do not see people driven to misery by the impossibility of choice. I see people choosing.

13 Storms are not getting worse

Not at all. While the climate warmed slightly last century, the incidence of hurricanes and cyclones fell. Since the 1920s, the global annual death rate from weather-related natural disasters (that is, the proportion of the world's population killed rather than simply the overall number) has declined by a staggering 99 percent.

The killing power of hurricanes depends more on wealth than on wind speed. A big hurricane struck the well-prepared Yucatán in Mexico in 2007 and killed nobody. A similar storm struck impoverished Burma the next year and killed 200,000. The best defenses against disaster are prosperity and freedom.

14 Great ideas keep coming

The more we prosper, the more we can prosper. The more we invent, the more inventions become possible. The world of things is often subject to diminishing returns. The world of ideas is not: The ever-increasing exchange of ideas causes the ever-increasing rate of innovation in the modern world. There isn't even a theoretical possibility of exhausting our supply of ideas, discoveries, and inventions.

15 We can solve all our problems

If you say the world will go on getting better, you are considered mad. If you say catastrophe is imminent, you may expect the Nobel Peace Prize. Bookshops groan with pessimism; airwaves are crammed with doom. I cannot recall a time when I

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was not being told by somebody that the world could survive only if it abandoned economic growth. But the world will not continue as it is. The human race has become a problem-solving machine: It solves those problems by changing its ways. The real danger comes from slowing change.

16 This depression is not depressing

The Great Depression of the 1930s was just a dip in the upward slope of human living standards. By 1939, even the worst-affected countries, America and Germany, were richer than they'd been in 1930. All sorts of new products and industries were born during the Depression. So growth will resume unless prevented by wrong policies. Someone, somewhere, is tweaking a piece of software, testing a new material, or transferring the gene that will make life easier or more fun.

17 Optimists are right

For 200 years, pessimists have had all the headlines—even though optimists have far more often been right. There is immense vested interest in pessimism. No charity ever raised money by saying things are getting better. No journalist ever got the front page writing a story about how disaster was now less likely. Pressure groups and their customers in the media search even the most cheerful statistics for glimmers of doom. Don't be browbeaten—dare to be an optimist! ■

Matt Ridley will respond to your questions and comments at rd.com/april. For more on Ridley, visit rationaloptimist.com.

EURO TRASH

Wooden clogs, windmills, and tulips come to mind when you think of Holland. You can now add to that list some of Europe's dumbest criminals.

After a thief broke open a slot machine in a Dutch café, he ran out with the money, jumped into a slow-moving car, and told the driver to "step on it." Wrong "getaway car." The vehicle belonged to a police detective who happened to be passing by.

Someone stole six laptops from an Internet company that sold secondhand goods online. He was caught after employees of the company stumbled upon their own laptops being sold on their own website.

When an elderly man had his pocket picked, a good Samaritan grabbed the thief. Realizing he'd been caught, the pickpocket quickly returned the wallet, broke free, and escaped. He wasn't relieved for long, though: He'd given back his own wallet, ID and all.

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Boy on a Bike

FAR FROM HOME, IN A WAR-TORN LAND, STEVE MADDEN MET A CHILD WHO HAD EVERY REASON TO HATE—AND YET TAUGHT VOLUMES ABOUT LOVE



He works with the energy and intensity, if not the skill, of a mechanic twice his age. He keeps his head down, focusing on his task, talking to himself—threading greased pedals onto one of 120 sturdy black bikes we're here to build and donate to a Rwandan charity so people can ride to work, to school, to a well with clean water. He looks to be the same age as my third-grade twins. We've been working together for an hour in a small auditorium in a walled compound outside Kigali. A choir practices somewhere outside, the ethereal music blending with the clouds that descend down the green ravines of the hills that define Rwanda. Although he speaks no English and I no Kinyarwanda, we use the universal signs of thumbs-ups, head nods, and "no problem." We work as a team.

BASED ON PHOTO COURTESY JONATHAN TORGOVNIK

ILLUSTRATED BY DANIEL HERTZBERG

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And we smile. A lot. The kid has a smile like no other I've seen in more than six years of working with African relief agencies to build and donate bikes to charitable groups. I've seen lots of hard workers. Lots of incredible people. But there's something about this one that has a hold, quite unexpectedly, of my heart, more so than the other kids working with volunteers around the compound.

Maybe because he's about the same age as my own three children, a world away in an American suburb. Maybe it's his warmth, laid bare by a complete absence of any artifice. His eyes glow and his teeth sparkle, and my jet lag melts away as this kid, whose name I don't know and can't seem to find out, beams with pride and happiness at finally getting the pedals onto the bike. I give him a thumbs-up, and he beams anew. Over the course of this humid morning, we'll assemble 15 or so bikes, half of what I could do working alone. But I have a new friend.

And he likes me. Anytime we stop work so I can explain something to him, he holds my hand. When we stop for tea, he holds my hand again, and I slip him some Skittles. A woman in traditional dress comes over, ignoring me, and speaks to him sharply, then raps his hand. I'm shocked, but parenting methods are different in central Africa than in New Jersey, so I say nothing as he struggles to hold back tears. Then he takes my hand and pulls me back to the bikes. Within two minutes, he's beaming, and this time, I'm the one trying to hold back tears.

At lunch, I tell Jules Shell, the director of Foundation Rwanda, the charity group we're working with, what a great hustler we have on our hands. I ask again what his name is. She says, "Well, we call him Jean-Paul. But he doesn't have a real name."

I must look confused. She smiles a little. "I don't think his mom could bring herself to call him anything at the time."

I don't get it, but she continues. "How old do you think he is?" she asks.

"Nine, maybe ten," I say.

She looks at me with the tired eyes of a relief worker exhausted by explaining the unexplainable. "He's 16," she says. I say it can't be; he's tiny. "Sixteen. All these kids are. The genocide was in 1994. Do the math."

The boy, like the other children here, was born of rape. His mother, a member of the Tutsi tribe, was raped during the 1994 Hutu genocide that slaughtered some one million Rwandans. Raped by a gang of militia who killed her three brothers, she considered an abortion but bore the child. In tribal Rwanda, however, she wore the birth like a scarlet letter, victimized twice as she suffered the brutal crime, then was rejected by her own deeply conservative family. Is it any wonder she couldn't bring herself to properly name him? Bad enough she should have the daily reminder of the horror she suffered. "I care for him, but I can't love him," she told Jonathan


Perpetrators of the genocide

As we eat, a chain gang of convicts in bright jumpsuits walks by.



Torgovnik, in 2007, when he and Jules started Foundation Rwanda. "I am not interested in a family. I am not interested in love. I am physically handicapped because of the beatings that I went through—I can't carry anything. I can't work. It's good I didn't kill that boy, because now he fetches water for me." Jules says she thinks his diminutive size is most likely the result of malnutrition.

As we eat, a chain gang of convicts in bright jumpsuits walks by the compound, shovels and pickaxes in hand. They are convicted murderers, the perpetrators of the genocide. They walk by their victims twice a day. Some of the convicts jeer.

After lunch, I can't look at the boy in the same way. I just can't reconcile the horror of his conception and life, utterly without love, with his sunny countenance and sweet demeanor, his exuberance. This child has every reason to hate yet greets the world with love. I think of my own children, who get everything by simply asking for it. Everything except love, that is. That they don't have to ask for; they automatically receive it and return it. What would this kid's life be like if he were loved the way Kit, Chris, and Luke are?

He goes at the bikes with the same intensity he did all morning, the quality of his work getting a little better, a little faster, with each passing build. And when I decide to take a break around 3 p.m. and try to wave him over for chai and Skittles, he just smiles and keeps on working, even if the bicycle pump continues to confound him.

Asking a child (or even an adult) to

COURTESY STEPHEN MADDEN

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The author with "Jean-Paul," whose appearance belies his age.

assemble bikes all day without riding one is tantamount to torture. So around 5 p.m., I take him outside with a bike I know to be assembled properly and gesture for him to get on and have a spin. The gestures don't work, so I ask a translator to tell him to go for a ride. His eyes grow solemn at the news, and although the bike is built for someone half again as tall as he is, he gamely throws a leg over and wobbles down an alley and around the corner.

As I stand there with a three-way wrench in my hand, a wave of fatigue sweeps over me. I think of the warm Sunday September afternoon a few years before when my son, Luke, insisted I take the training wheels off his bike. He then promptly mastered two wheels and spun away from me down our street. In one of the great paradoxes of parenthood, I had just taught him the means to leave my side. It was as if I had said, "I love you so much, I will teach you how to leave me. Because if I've done my job right, you'll always ride back."

Maybe it is the jet lag, or maybe the tea is wearing off, but my eyes fill with tears. I wipe them away and look down the alley, waiting for him. But there's no sign. He isn't there. I imagine him riding away from here to a place where his love will be returned and his warmth valued. Just riding away, for good.

Suddenly a bike slams into my right leg; I drop the wrench. He's there, having circled the building, the compound. Laughing out loud, feet on the ground, he takes my hand and beams. ■

COURTESY STEPHEN MADDEN

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I LOVE LUCID

Lucille Ball knew a thing or three about life. Here are a few gems from America's favorite comedienne:

"The secret of staying young is to live honestly, eat slowly, and lie about your age."

"A man who correctly guesses a woman's age may be smart, but he's not very bright."

"How *I Love Lucy* was born? We decided that instead of divorce lawyers profiting from our mistakes, we'd profit from them."

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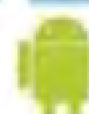
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Books

Mini Excerpts BY DAWN RAFFEL



VISUAL TALES

Abstract City **by Christoph Niemann (Abrams, $24.95)**

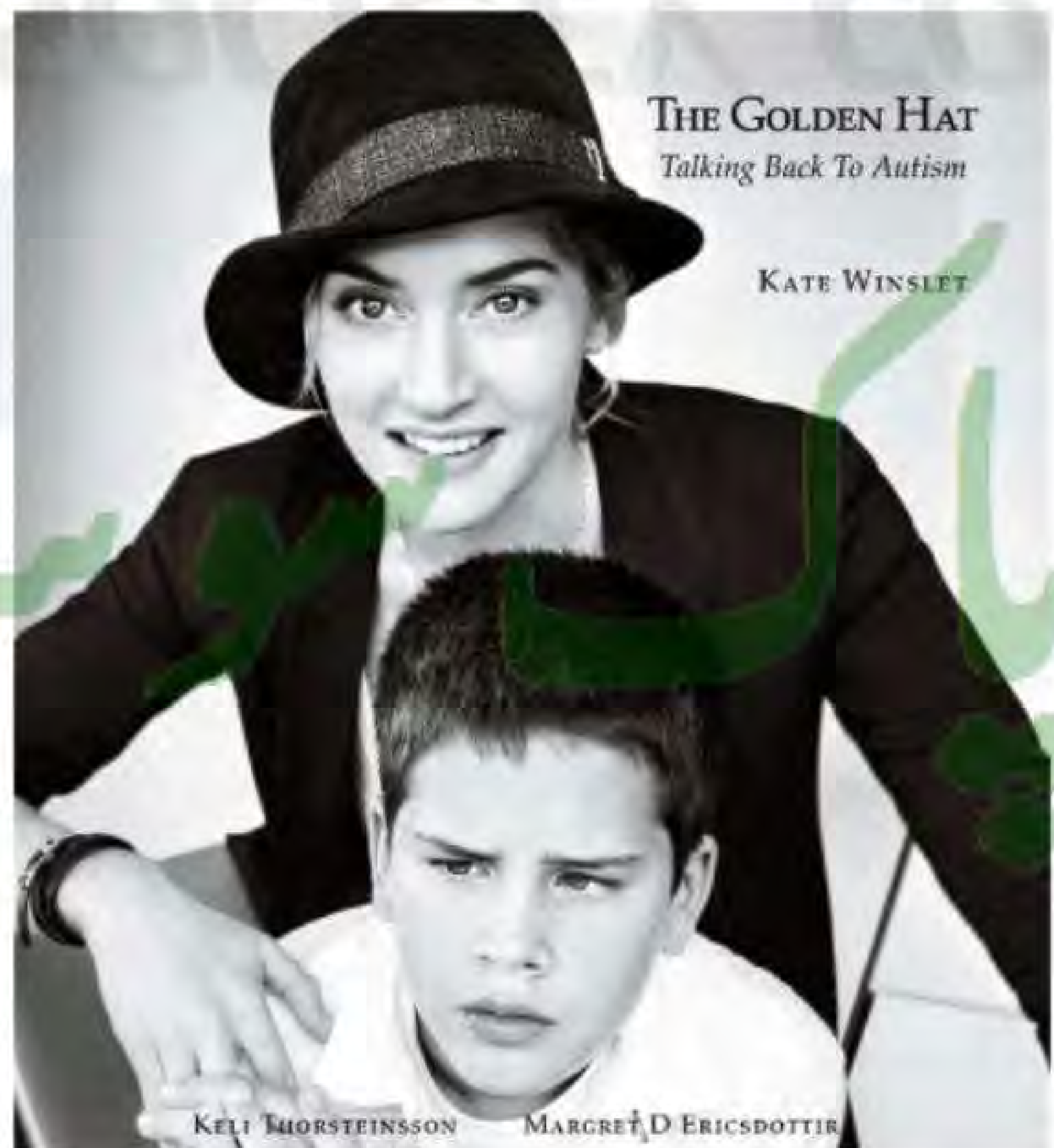


"The most venomous of all cables are headphones. The combination of thin wires and stubborn earplug hooks is an endless source of Gordian frustration (notably amplified when combined with seat belts on an airplane)."

Everyday experiences—from looking at leaves to riding city subways—are funny and fresh and often a source of wonder when depicted by this brilliant graphic designer. As for the plague of headphones, he's hit it on the nose. D. R.

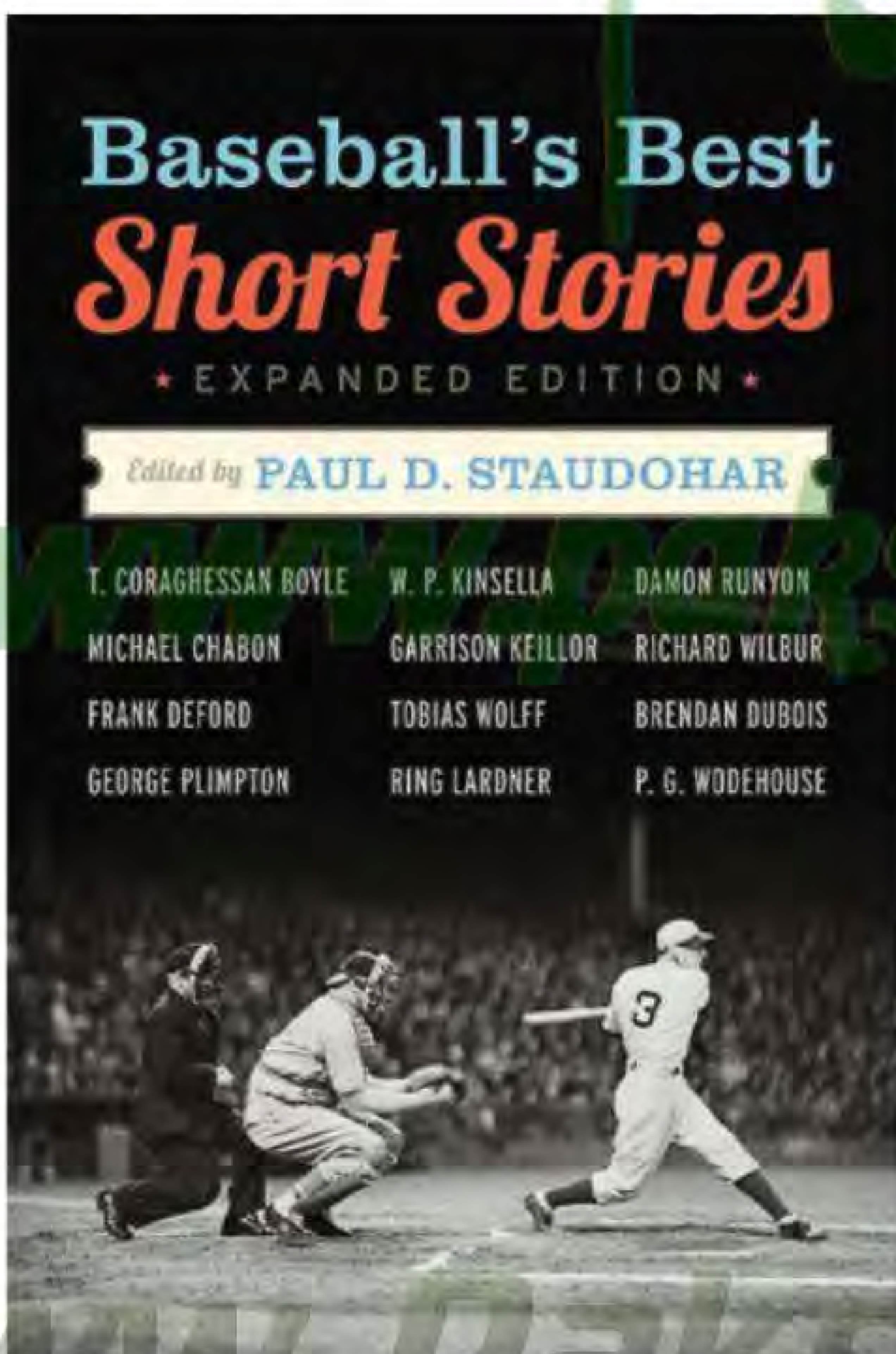
GOOD WORKS

The Golden Hat: Talking Back to Autism **by Kate Winslet with Keli Thorsteinsson and Marget Ericsdottir (Simon & Schuster, $29.95)**



"There are approximately 67 million people worldwide with autism, around 50 percent of whom do not have functional speech. With this book, we have shown that there are ways to hear those individuals."

Inspired by a poem called "The Golden Hat," written by Thorsteinsson, who has autism, Winslet asked famous friends—Angelina Jolie, Meryl Streep, Sting, Oprah, and Steven Spielberg among them—to create a self-portrait wearing a hat. Thorsteinsson's moving story and "hat portraits" of others with autism are included; proceeds go to charity. D. R.



SHORT STORIES

Baseball's Best Short Stories **edited by Paul D. Staudohar (Chicago Review Press, $18.95)**

"Throughout the whole country nothing but the approaching series was discussed. Wherever civilization reigned, and in Jersey City, one question was on every lip: Who would win? Octogenarians mumbled it. Infants lisped it." *P. G. Wodehouse*

You needn't even be a sports fan to enjoy these 34 hugely entertaining tales. Ring Lardner, James Thurber, Garrison Keillor, and even the great P. G. Wodehouse all had a swing at our national pastime. D. R.

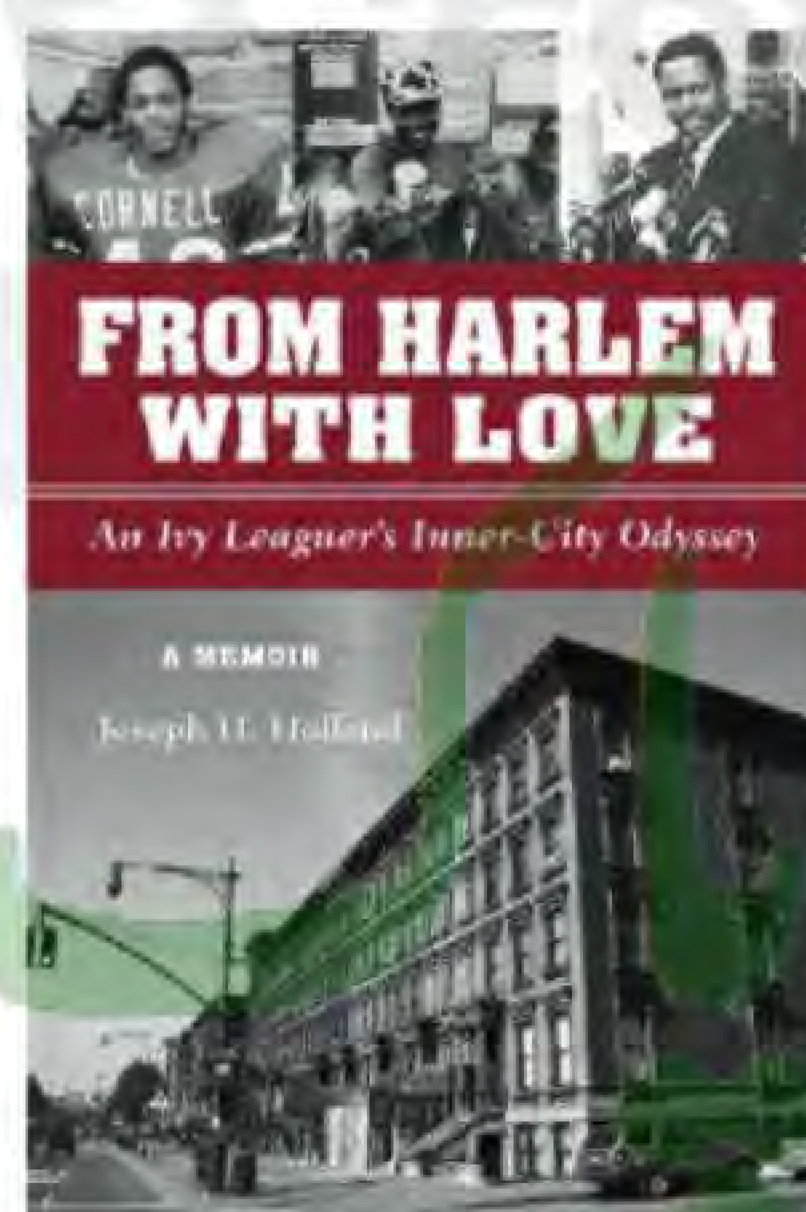
To read selections from all six books (including the full P. G. Wodehouse story) on your iPad or Kindle Fire, download the *Reader's Digest* app.

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MEMOIR



From Harlem with Love: An Ivy Leaguer's Inner-City Odyssey **by Joseph H. Holland (Lantern, $20)**

"They came to our outreaches for the food and clothing, but returned to the streets still hungry, needy, and hurting—week after week, month after month ... To really make a difference, the intervention had to be holistic, going deeper than the needs of the body to lift the spirit while at the same time imparting practical guidance."

A Harvard Law graduate, Joseph Holland headed for the desolation of 1980s Harlem, determined to help. His story is inspiring, eye-opening—and very fresh food for thought. D. R.



LITERARY THRILLER

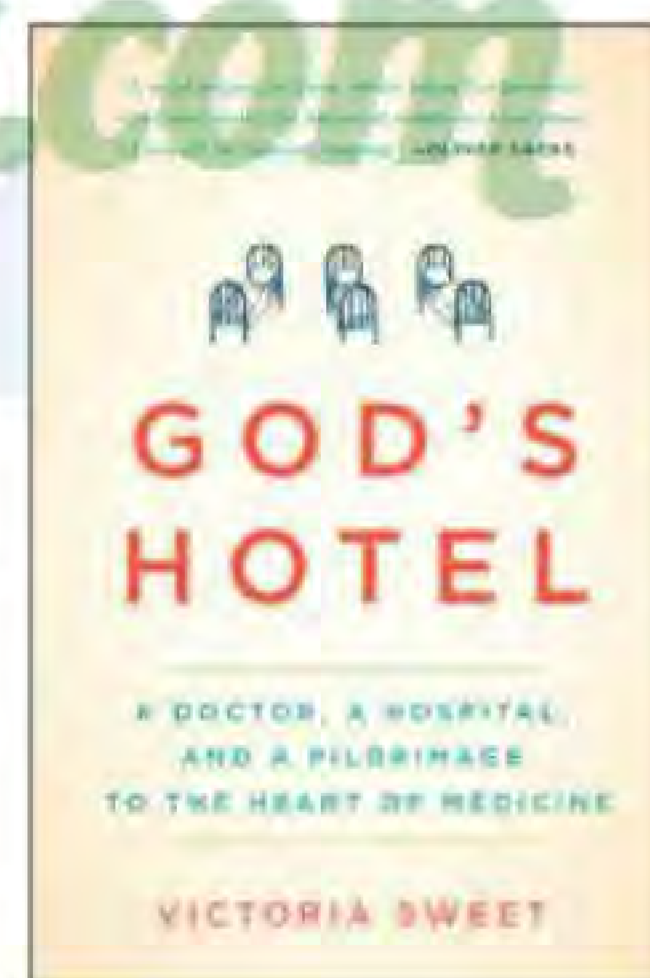
The New Republic **by Lionel Shriver (HarperCollins, $25.99)**

"Edgar found himself already eyeing the Doritos ... One thing he hadn't anticipated about the 'home office' was Snack Syndrome; lately his mental energies divided evenly between his new calling (worrying about money, which substituted neatly for earning it) and not stuffing his face."

Poor Edgar Kellogg, would-be journalist, gets sent to a Portuguese backwater with a terrorist movement in full swing. Shriver has been a National Book Award finalist with good reason: Her page-turners examine serious issues. D. R.

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MEDICAL MEMOIR



God's Hotel: A Doctor, a Hospital, and a Pilgrimage to the Heart of Medicine **by Victoria Sweet (Riverhead, $25.95)**

"One by one, carefully, Dr. Judd removed the bandages and dressings and placed them on the nearby table. Then I looked into Mr. Hickman's open wound and saw that, exposed and vulnerable, nestled in the hollow that the surgeons had created, was Mr. Hickman's beating heart."

As riveting as a good novel, this doctor's account of her 20 years at Laguna Honda Hospital is a cogent argument for personalized medicine. No wonder Oliver Sacks calls it required reading. D. R.

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Ask? Laskas

JEANNE MARIE LASKAS



You Talkin' to Me?

My husband has taken up muttering. He does it at any time of day or night. Sometimes I wonder, Is he talking to me? Then I have to ask him to speak up, which is really annoying. If he isn't talking to me, why can't he keep it to himself? Is this just aging or something worse?

Getting Concerned

Dear Concerned,
Is he muttering—or are you starting to lose your hearing? This also happens as we age, you know. Make sure to report hubby's muttering "problem" to his doctor at his next physical, and get your hearing checked as well. If all's clear, learn to love the new quirks in your husband's character. And listen in! What's he saying to himself? Maybe you can help alleviate some of the stress that might be causing him to express himself in this new, unflattering way.

Jeanne Marie Laskas is not a shrink, but she does have uncommon sense.

The Last Supper

Our neighbors are also good friends, and over our 15-year relationship, we've had them to our place for dinner at least three times a year. But they've never invited us to dinner at their house, and they often have groups of other people over. (They do talk about making us dinner, but it never happens.) I can only think that I need to reduce the invitations to them to once a year. Not only does it get expensive, but it feels a bit sad, even hurtful, when the offer is never

ILLUSTRATED BY ISTVAN BANYAI; SCOTT GOLDSMITH

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reciprocated—especially over a 15-year span. What do you think?

Feeling Used

Dear Feeling,
I think 15 years is long enough to wait for an invitation. You should say something. Maybe they're embarrassed by their home for some reason, or maybe your meals intimidate them, and they feel they can't measure up. Try this: "Hey, how come we always do dinner at our house? We'd love to go to your place sometime." Offer to bring a covered dish. Offer to bring takeout! Do something to break up this odd pattern before your resentment grows and a valued friendship is lost.

Whose Phone Is It?

My mom is a huge snoop. I'm 16, and she thinks it's OK to look at text messages on my cell phone—just because she "pays the bill." I think some things are private, but if I leave my phone for even a few seconds, she'll grab it and start prying. Can you settle this argument?

Private Citizen

Dear Private,
Well, grabbing it and prying is stylistically a bad choice, but listen, I'm with your mom on this one. She is doing you a favor. Texting is not private! You may mean it to be, but beware: None of the texts, e-mails, Twitter feeds, or any of the digital communication available to us completely disappears after we are done sending it. I tell my own kids to think of digital transactions as tattoos—indelible marks on you that potential employers, school officials, law-enforcement officers, and intended loves may gain access to. Your mother's conduct, clumsy though it may be, just might keep you from doing something stupid. Keep in mind that you do still have the option of *talking* to your friends if you want privacy.

MODERN MANNERS

I attend a university with a campus bus system that's free to the general public. This semester, an elderly woman started boarding my bus and asking me to give up my seat. At the start of the semester, I happily gave her my seat, but this has turned into a daily routine, and I am now sick of it. She doesn't ask so much as demand a seat from any sitting male. Would I be wrong to tell her off, especially since this bus is meant for students?

Dude, get a grip and repeat after me: "I am a healthy young person with a strong back and good legs, and I shall *always* give up my seat *anywhere* for *any* person who is elderly, pregnant, disabled, or otherwise in obvious need of assistance."

Send questions about manners, parents, partners, or office politics to advice@rd.com. Sending gives us permission to edit and publish.

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Word Power

BY EMILY COX & HENRY RATHVON

Getting up to Speed

No hurry—take your time ambling through this quiz on words about matters both slow and fast. Stumped? Hightail it to the **next page for answers.**



1. precipitate (pri-'si-pe-tet) *adj.*—A: gradual. B: inert. C: rash, hasty.

2. torpid ('tor-ped) *adj.*—A: sluggish. B: streamlined. C: explosive.

3. drogue ('drohg) *n.*—A: open speedboat. B: booster rocket. C: canvas parachute to slow a ship or plane.

4. tardigrade ('tar-de-grayd) *adj.*—A: restrained. B: rushed. C: slow in pace.

5. velodrome ('vee- or 'veh- or 'vay-leh-drohm) *n.*—A: nuclear accelerator. B: track for cycling. C: air-speed recorder.

6. paso doble ('pah-soh 'doh-blay) *n.*—A: quick march played at bullfights. B: shooting star. C: time-lapse motion.

7. dispatch (di-'spatch or 'di-spatch) *n.*—A: promptness or efficiency. B: postponement. C: impass.

8. baud ('bahd) *n.*—unit of ... A: film speed. B: data transmission speed. C: nautical speed.

9. hang fire (hang fyr) *v.*—A: delay. B: blast off. C: streak across the sky.

10. alacrity (uh-'lak-kre-tee) *n.*—A: ignition. B: cheerful readiness. C: pause before firing.

11. tout de suite (toot swyeet) *adv.*—A: immediately. B: at a given signal. C: not in time.

12. adagio (ah-'dah-jee-oh or -zhee-oh) *adv.*—A: fast. B: without stopping. C: at a slow tempo.

13. race runner (rays 'ruh-ner) *n.*—A: red fox. B: pronghorn antelope. C: North American lizard.

14. celerity (seh-'ler-eh-tee) *n.*—A: gear shift. B: rapidity of motion. C: snowballing effect.

15. catalytic (ka-teh-'li-tik) *adj.*—A: causing a slowdown. B: relating to an increase in a chemical reaction. C: precisely timed.

Endurance Test

A **marathon** is 26 miles and 385 yards. The word and that oddly specific distance date back to the 490 BC battle of Marathon, Greece, in which the Greeks defeated the Persians. A messenger carried news of the victory to Athens across some 26 miles. Centuries later, in the 1896 Olympics, the footrace debuted and adopted the name *marathon* in honor of the runner.

ILLUSTRATED BY EDWIN FOTHERINGHAM

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Answers



1. precipitate—*[C]* rash, hasty. The hare made the *precipitate* decision to catch some z's during the race.

2. torpid—*[A]* sluggish. There is nothing more *torpid* than my 16-year-old daughter in the morning.

3. drogue—*[C]* canvas parachute to slow a ship or plane. "You're like a drogue on a rocket. Move it!" shouted the driver.

4. tardigrade—*[C]* slow in pace. The tortoise took great pride in his *tardigrade* gait.

5. velodrome—*[B]* track for cycling. Ever the biking enthusiast, Pete enjoyed training at the local *velodrome.*

6. paso doble—*[A]* quick march played at bullfights. The bullfighter grew anxious as the *paso doble* played before his debut.

7. dispatch—*[A]* promptness or efficiency. After clearing out the safe, the thief left the bank with *dispatch.*

8. baud—*[B]* unit of data transmission speed. "Mom, I could hand-deliver this message faster than your 300-*baud* dinosaur of a modem!"

9. hang fire—*[A]* delay. The driver beckoned, but we were *hanging fire* at the stage door, hoping for an autograph.

10. alacrity—*[B]* cheerful readiness. When Jo's brownies came out of the oven, the lazy twins suddenly moved with *alacrity.*

11. tout de suite—*[A]* immediately. The twins' older brother was on his feet *tout de suite* as the aroma wafted into his room.

12. adagio—*[C]* at a slow tempo. Either that violinist doesn't know *adagio* from allegro, or he can't keep time.

13. race runner—*[C]* North American lizard. I never saw Grandma Simmons as animated as the day our *race runner* escaped in her house.

14. celerity—*[B]* rapidity of motion. If a skunk stamps its feet and hisses, it's time to depart with *celerity.* Obviously, Grace's dog didn't know this.

15. catalytic—*[B]* relating to an increase in a chemical reaction. To see a *catalytic* reaction, apply a lit match to Gary's shoe from behind.

VOCABULARY RATINGS

- **9 and below: Slow starter**
- **10–13: Fast thinker**
- **13–15: Speed demon**

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Sound Smarter

The adjectives ***adverse*** and ***averse*** are close cousins, but they are different. *Adverse* means "unfavorable, acting against or in a contrary direction" and typically refers to things, not people (an adverse reaction, for instance). *Averse* means "having an active feeling of distaste" and refers to a person's attitude (Sally is averse to all that adverse criticism).

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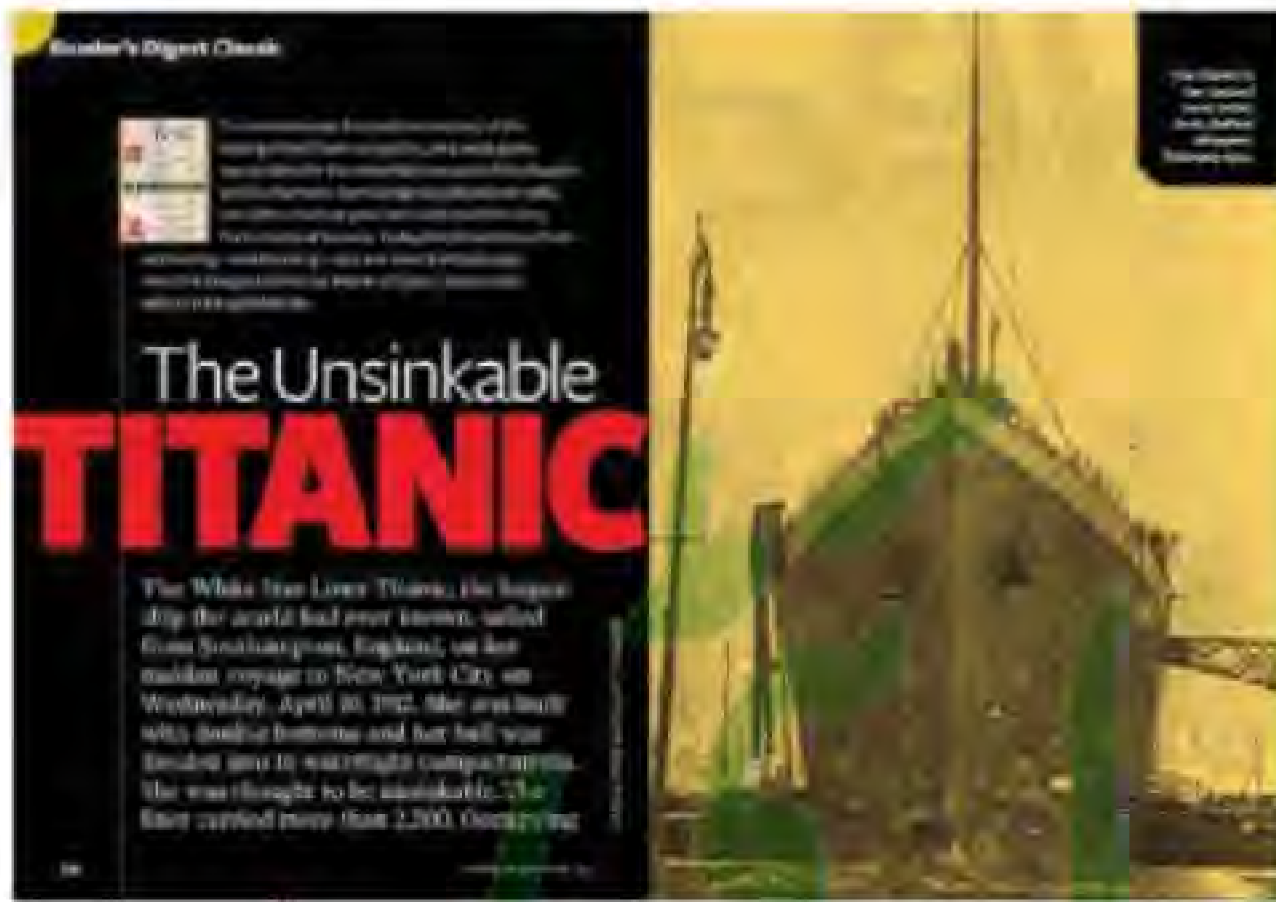
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The Unsinkable
TITANIC

continued from page 107

slowly sliding into the sea. Muffled thunder sounded deep beneath the surface, and "she went down with an awful grating, like a boat running off a shingly beach." She disappeared from view at 2:20 a.m. Within 15 seconds, the *Titanic* was 15 meters under the surface and accelerating.

There was desperate life, still, among the more than 1,000 souls remaining aboard. But only the few that somehow got to the surface had more than a moment's hope. After another several seconds, the *Titanic* passed through the 30-meter level.

Somewhat deeper, there were implosions as the heavy steel bulkheads crumpled like tinfoil. The remaining buoyancy of the ship was sharply reduced. Her speed picked up to perhaps 20 knots.

A few minutes after total submersion, the inclination of the *Titanic* relented a bit from the steep angle at which she had slipped beneath the pond-smooth surface. Her giant boilers, which had crashed down through all the ship's bulkheads and punched holes in the side of the bow, had gone on ahead, advance scouts seeking the ocean floor.

Leveled out in a flatter angle, the great ship now "kited" as it made its way through the icy depths, oscillating back and forth as she descended, somewhat in the manner of a leaf floating to earth.

Around 3,300 feet, she entered a zone never penetrated by sunlight. At that depth, where the ocean bears down at 1,615 pounds per square inch, no human life is possible. The stern, which had endured unimaginable stress when it rose toward the sky, had already pulled away. More cargo broke loose—cranes, the engine-room telegraph, chamber pots, serving platters, bottles of claret and champagne from the ship's wine cellar near the stern. Then, at about 8,000 feet, the *Titanic* thrust her bow into the benthic current, a vast, subsurface, slow-moving river.

The ship had been sinking for seven minutes now, and the ocean floor was still several thousand feet below. She entered a hilly landscape of river valleys, tributary streams, and outcroppings.

Her stern had been floating free of the forward section and had partially disintegrated, scattering derricks, propellers, and even personal effects from the crew's quarters. Bursting open, too, were the

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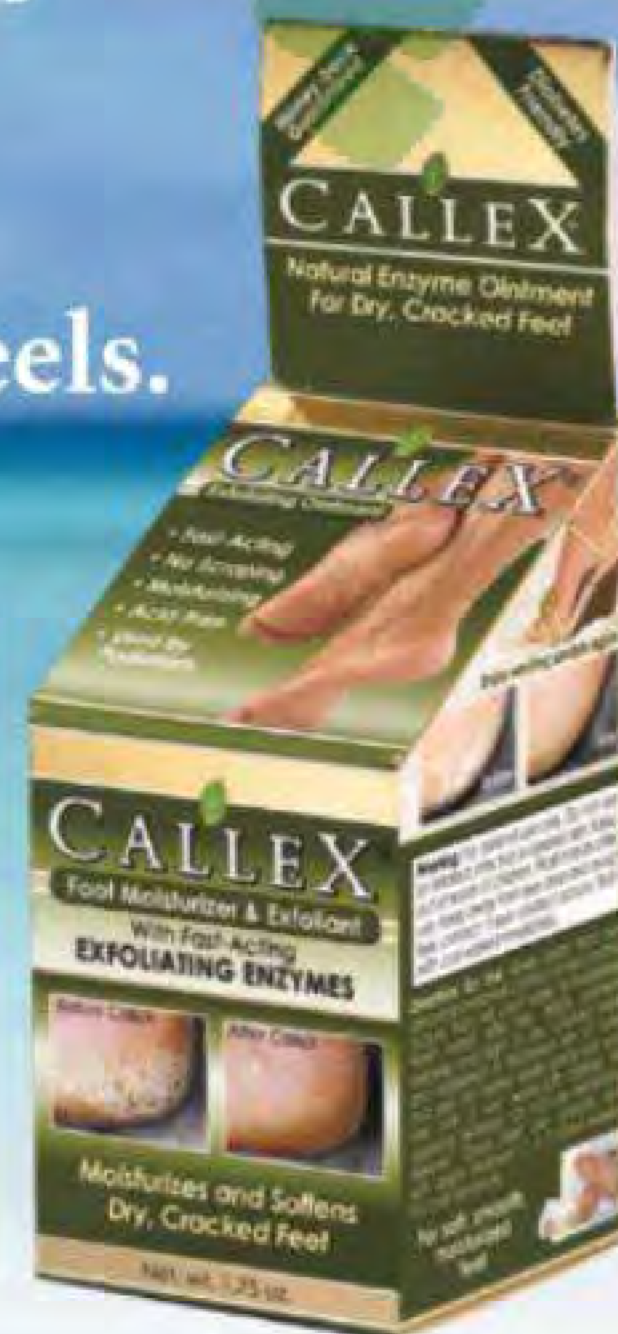
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In September 1985, underwater explorer Robert Ballard found the *Titanic* at a depth of 12,000 feet off the coast of Newfoundland. He took a series of haunting pictures. Far right, a depiction of the ship's descent.





individual refrigerators, aft on G Deck, to disgorge their contents: fish, vegetables, ice cream, beef, poultry, cheese, fruit, and flowers.

Finally the *Titanic* slammed down. It will never be known which of the two sections, bow or stern, hit the brownish seafloor first. They kicked up huge clouds of sediment, which mingled with great clods of the ship's boiler coal. The bow section came to rest on its keel, with only a slight list to port. The stern, some 300 meters away, disintegrated further upon impact. Unseen, the sediment drifted down as a ghostly snow.

Now the fractured hulk would be a permanent tomb for the mighty and the lowly; for the ship's captain and most of his crew, for musicians, clergymen, and millionaires, and for teachers, bricklayers, carpenters, nurses, farmers, dishwashers. There, at about 13,000 feet, people from some 20 nations lay in 37° F. water under pressure of 6,365 pounds per square inch.

The time was close to 2:30 a.m., Monday, April 15, 1912. The *Titanic*'s maiden voyage had lasted four days, 17 hours, and 30 minutes.

The Search Begins

Parallel investigations, the first by the U.S. Senate, the second by the British Board of Trade, probed into the tragedy of the *Titanic*. Both agreed that the great ship had ignored repeated warnings and steamed at full speed through a sea of deadly ice. There was a "ram-you-damn-you" philosophy in those days among all the steamship lines. They wanted to deliver "express train" service, holding exactly to schedule even if it meant going full tilt through fog banks, ice fields,

FROM LEFT: RALPH WHITE/CORBIS; UNIVERSAL IMAGES GROUP/GETTY IMAGES

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or fleets of fishing vessels. The *Titanic* paid the price for this folly.

After the investigations were ended, save for an occasional memoir, little was added to the tragic account of the *Titanic*. Yet the story still stirred in the psyche of the world. To this day, invoking the name of the *Titanic* has an emotional value greater than all but a handful of history's most extraordinary events.

Then, in 1963, the first of a series of deepwater disasters fostered the development of equipment and techniques that would finally make it possible to find the *Titanic*.

The first was that of the nuclear submarine USS *Thresher*, which sank 220 miles off Cape Cod on the morning of April 10, 1963. *Atlantis II*, a research vessel from the Woods Hole Oceanographic Institution, attempted to take pictures of *Thresher*. A 500-pound camera with strobe lights was lowered 8,000 feet over "protuberances" located by the U.S. Navy. It was, said Woods Hole's former head of geophysics, J. B. Hersey, like dropping "a Ping-Pong ball into a beer can from the top of the Empire State Building while blindfolded and during a northeaster."

Nevertheless, photos were obtained showing crumpled sheet metal, torn lengths of electrical cable, even an open book. The Navy's deep-diving bathyscaphe *Trieste* later dived to the ocean bottom and, using a device similar to a mechanical arm, retrieved identifiable debris from *Thresher*.

Five years later, a Russian Golf II-class submarine sank northwest of Hawaii. It was located through the use of sensitive detection equipment—hydrophones, sophisticated cameras, side-scan sonar, magnetometers. A high-security U.S. government-sponsored project later developed retrieval techniques, including a clawlike device called Clementine on the end of a five-kilometer-long "pipestring" that was used to bring part of the sub to the surface.

One scientist interested in finding the *Titanic* was Robert D. Ballard, a marine geologist at Woods Hole. In 1971, Ballard proposed using Alcoa's Seaprobe—a camera sled lowered on lengths of drill pipe—to locate and photograph the wreck. Ballard would then descend in the submersible *Alvin*, which was certified to go to the *Titanic*'s depth. But no financial backing could be found for the proposal. Then, in 1980, a Texas oilman geologist, Jack Grimm, announced he would finance an expedition.

At Columbia University's Lamont-Doherty Geological Observatory, William Ryan, an oceanographer, read in the newspaper about Grimm's project and was intrigued by its scientific possibilities. He

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Financier Jack Grimm promised that a 1981 expedition would return with photos of the sunken wreck.

offered Grimm help and proposed using deep-tow, side-scan sonar to find the ship. He also suggested that the man who pioneered its development for deep-ocean surveying, Fred Spiess of Scripps Institution of Oceanography in La Jolla, California, could be of great help. Grimm accepted Ryan's offer.

It would not be easy. The *Titanic*'s resting place, Ryan said, "is in one of the largest known areas of natural magnetic disturbance in the North Atlantic." The *Titanic* sank near what is now known as the J-Anomaly Ridge, a 110-million-year-old volcanic feature of high magnetism.

Between July 31 and August 16, 1980, some 500 square miles of North Atlantic ocean bottom were mapped by Grimm's chartered vessel, *H. J. W. Fay*, and its long-range, side-scan sonar. At least three good acoustic targets were detected that matched the size of the *Titanic*, but fate dealt a severe blow to the expedition when a storm came up and tore off the vital magnetometer. Spiess jury-rigged another one out of a shampoo bottle and some wire from a discarded exciter belonging to the ship's generator. But the weather got worse, supplies and fuel ran low, and the *Fay* headed into Boston.

Grimm confidently promised that a 1981 expedition would return with photographs of the sunken wreck. The searchers did obtain a photo of a propellerlike object, but it could not be positively identified. And a 1983 expedition was compelled by gale-force winds to abandon the mission.

Despite these failures, Robert Ballard remained optimistic. "I always thought that finding the *Titanic* was not the hardest part of the puzzle," he said. "Filming it in an appealing way would be the hardest part."

The violent gales of the North Atlantic soon put his confidence to the test.

Mud or Bones?

In Robert Ballard, there is something of the astronaut, Jules Verne, and Lewis and Clark wrapped into one. Tall and athletic, already well-known as a skilled diver and deep-sea explorer, he "watched from the sidelines" with mixed emotions as the Grimm expeditions continued. "Their effects convinced me that the key to discovering

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the *Titanic* lay in having sufficient time on target to conduct a thorough search of an area of 100 to 150 square miles."

Thus Ballard turned to "an old friend—France," in order to gain more time at sea searching for the elusive wreck. He was soon to join forces with Jean Jarry and Jean-Louis Michel of the French ocean-exploration organization IFREMER (Institut Francais de Recherche pour L'Exploitation de la Mer). "These were men of the deep, men I knew and greatly respected." Michel and Ballard had first teamed up in 1973 on a research expedition to the mid-Atlantic ridge, a large underwater mountain range.

For Ballard, IFREMER, and the U.S. Navy, the *Titanic* was essentially a target to test prototype underwater vehicles that would give humans a "telepresence" on the ocean floor. *Telepresence*, a word coined by Ballard, means using video technology to project one's mind to the seafloor without physically descending to it.

Trim and wiry, a veteran of the French navy's submarine exploration squad, Jean-Louis Michel initiated a thorough study of all the logbooks and nautical records bearing on the *Titanic*'s sinking. "Based on these historical data," Michel explained, "we drew on our charts the probable area where the *Titanic* should be, somewhere inside a square that was 12.5 miles on a side. By June of 1985, we were ready to go."

Ballard and Michel were uncertain about the clarity of the water at the site of the wreck. "You have terrific bottom currents running along this area stirring things up," explained Ballard. "We were concerned that our cameras would be of little use in an area of very poor visibility."

They had closely researched a severe 1929 earthquake, which shook the whole Grand Banks area off Newfoundland where the *Titanic* sank. A huge landslide raced as fast as 35 miles per hour down the slope from the continental shelf to the abyssal plain thousands of feet below. "One of our questions," Ballard said, "was whether this landslide had affected the wreck." They wondered if their images would show "acres of mud or, if lucky, the bones of the *Titanic*."

Michel and his team left Brest, France, aboard the French research vessel *Le Suroit* on July 1, 1985. "We got to the *Titanic*'s area eight days later. On July 11, we began 'mowing the lawn.' That's the term used for the meticulous sweeping back and forth with the imaging and listening equipment to cover every square foot of the search area."

At the end of thousands of meters of cable, *Le Suroit* towed a "train" of sensing devices. First came a five-meter-long acoustical-system vehicle, nicknamed *Poisson* ("Fish") by the French. It contained

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side-scan and vertical sonar units. Then came a long cable trailing a magnetometer to detect anomalies. "With side-scan sonar," Ballard explained, "you are searching for the main wreckage, which will show up as a large radar blip on the sonar. At the same time, the magnetometer tells you if what you are looking at is metallic."

"It took us nearly two hours to get the whole apparatus into position," Michel explained. "And every time we had to pull it in, it took another two. Strong currents forced us to retrieve *Poisson* after every 'mowing,' and then go back to the starting point and lower it again."

Compounding the problem was the deteriorating weather, which developed into a 36-hour-long gale. When the search was resumed, Michel recalled, "We had searched an area three times the size of Paris, and we had christened the towed acoustical system successfully. Still, we were very disappointed."

The last day assisting *Le Suroit* was August 7, and as she prepared to sail to the French island of St-Pierre off the coast of Newfoundland, Michel and Ballard saw a rainbow to the south. It seemed an omen of good luck.

"That's It!"

On August 13, Ballard and Michel rendezvoused in the Azores with the 245-foot, 2,100-ton Woods Hole research vessel *Knorr*, and two days later set sail for the *Titanic* search area 3,862 kilometers away.

The co-chief scientists were now in reversed roles, Ballard heading up the search while Michel acted as head of the noon-to-4 p.m., midnight-to-4 a.m. watch. "Because it is the most demanding physically, you always put your best crew on the 12-to-4 shift," Ballard said, and that was the slot assigned to Michel in the small "control van" erected on the starboard side of the aft deck.

The search area contained three different types of terrain: a canyon with many tributaries; a sand-dune area not unlike the Sahara; and part of a large mudslide, the possible aftermath of the 1929 earthquake. "We made an assumption," Ballard said, "based on all the evidence at hand, that the wreck would be a 'plume' of debris about a mile long, and that it would be oriented basically north and south." So instead of "mowing the lawn," they established a search grid of east-west lines—and by sending down a video camera, they improved chances of identifying small debris.

Two new deep-sea probes, *Argo* and *Angus*, were used in the search. The more critical was *Argo*, a sledlike submersible the size

of an automobile. *Argo* was equipped with sonar, powerful strobe lights, and sophisticated video equipment. Like the French acoustical system, *Argo* was pulled by a steel-jacketed cable with a breaking strength of 30,000 pounds that carried power down to the submersible and data back up to the surface ship.

As the days went by, hope for finding the wreck waned. A routine of keeping eyes glued to the video monitors settled in. Ears listened to rock and country music, and mouths bulged with buttered popcorn. August was slipping away, and the "weather window" was about to slam shut.

On the night of August 31 to September 1, Jean-Louis Michel came on duty in the control van for the 12-to-4 a.m. watch. Michel took his position at the ship-driving console. With him were six others on the graveyard watch including the navigator, the video operator, and the sonar expert. Ballard went to his quarters for the night.

As the *Knorr* was moving cautiously over its course, the unblinking eye of *Argo* began to record pieces of debris. Gray images of coal and lengths of metal piping slid across the video screen. This could be it, Michel thought, his excitement mounting. "We watched for perhaps five minutes as other fragments came into view. Then, suddenly, there was the unmistakable image of one of those giant boilers!"

While people stared at the image, an air of intense surprise and wonder permeated the control van. "Somebody



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should wake up Bob Ballard," Michel said. But nobody wanted to leave. It was too emotional a moment.

Just minutes later, at about one in the morning, cook John Bartolomei knocked at Ballard's door, stuck his head in the cabin, and reported, "The guys think you should come down."

Ballard hurried to the control center, stepping into the soothing red light of the large room for his first look at the video image of the boilers on the monitors. "That's it!" he exclaimed.

As word of the discovery spread throughout the ship, the control van filled with excited crew members and scientists. Amid the jubilation, Ballard later recalled that "the human side hit us. It was so close to the time the disaster occurred—the *Titanic* sank at 2:20 a.m.—that it seemed appropriate to make a gesture. It was spontaneous. I just said that some of us wanted to have a moment of silence. If others wanted to join us for a brief ceremony, they could.

"I don't remember how many came. We were very quiet. All I could think was that those many lives had been lost needlessly. If only there had been enough lifeboats. If only the *Californian*'s radio operator had been awakened. To finally put those souls to rest was a very nice feeling."

A Warmth of Remembrance

With time running short, Ballard and Michel flew *Argo* gingerly around the wreck some 13,000 feet below the heaving seas.

More pictures emerged on the *Argo*'s video screen: part of the *Titanic*'s bridge, a gaping hole where the forward smokestack once stood, empty davits. Later, the prow appeared with its foremast, and anchor chains looking as though they had turned to stone. Watching these pictures, Ballard felt "like an archaeologist opening a Pharaoh's tomb."

"Flying over the hull," Ballard added, "was like walking on egg shells." It was determined that the forward mast had toppled, but at one point *Argo* flew so close to the *Titanic* that it bounced off the base of one of the stack mounts, picking up a small smear of paint on its steel frame.

SOURCES: HANSON W. BALDWIN, *HARPER'S MAGAZINE*, 1934; *A NIGHT TO REMEMBER*, BY WALTER LORD (HENRY HOLT & CO.); *THE TITANIC—END OF A DREAM*, BY WYN CRAIG WADE (PENGUIN); *BEYOND REACH: THE SEARCH FOR THE TITANIC*, BY WILLIAM HOFFMAN (BEAUFORT BOOKS, 1982); HAROLD BRIDE, *NEW YORK TIMES*, 1912; *TITANIC AND OTHER SHIPS*, BY CHARLES H. LIGHTOLLER (OXFORD CITY PRESS); *THE TRUTH ABOUT THE TITANIC*, BY ARCHIBALD GRACIE (M. KENNERLEY, 1913); *THE MAIDEN VOYAGE*, BY GEOFFREY MARCUS (VIKING); *HOME FROM THE SEA*, BY SIR ARTHUR H. ROSTRON (MACMILLAN); *THE LOSS OF THE TITANIC*, BY LAWRENCE BEESLEY (HOUGHTON MIFFLIN); *THE CALIFORNIAN AND THE TITANIC*, BY PETER PADFIELD (1965); *A MATTER OF RISK*, BY ROY D. VARNER AND WAYNE R. COLLIER (RANDOM HOUSE, INC.); ROD REDMAN, *SEA CLASSICS* MAGAZINE, 1985; MARK POTTS, *CHICAGO TRIBUNE*, 1980; KATHLEEN MAXA, *WASHINGTON POST*, 1981; JOHN NOBLE WILFORD, *NEW YORK TIMES*, 1980; PAUL R. RYAN AND ANNE RABUSHKA, *OCEANUS* MAGAZINE, 1985; ROBERT D. BALLARD AND JEAN-LOUIS MICHEL, NOVEMBER 1985; STEFI WEISBURD, *SCIENCE NEWS*, 1985; CHRIS DAVIS, *POPULAR MECHANICS*, 1985; AUDREY C. WOODS, ASSOCIATED PRESS, 1985; *RAISE THE TITANIC*, BY CLIVE CUSSLER (VIKING).

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Ballard decided to approach the ship from the stern, but, to his surprise, he could not find it. Had it broken off somewhere beyond No. 2 stack? He lowered *Angus*, a still-camera submersible, to get close-up, high-quality 35-mm color photographs. Developed later, they showed the bow section covered with "a thin dusting of sediment, like a gentle snowstorm." Etched indelibly into the mind were images of wine bottles, cut-glass windows, a mattress frame, the ship's telegraph, the crow's nest. But no poop deck, no stern.

The *Knorr*, which had been allotted only one month for this expedition, was now scheduled to return to Woods Hole. On the trip back, Ballard and Michel discovered that they had seen the stern after all—in pieces. A review of the film images disclosed that it was contained in a debris plume extending more than a mile behind the wreck.

Capt. Richard Bowen of the *Knorr* later wrote about the voyage home: "On the four days' transit, the airwaves, which are normally filled with merchant-ship traffic, would become oddly quiet as other ships held their traffic and listened to ours. On ships around the world, officers and seamen must have said, 'Somebody finally found the *Titanic*.'

"Four generations of mariners have grown up hearing of the *Titanic*, and now the mystery of her location is finally solved."

For Ballard and Michel, the great ship lying over three kilometers below them lived for a moment, again, as she had those seven decades before: sleek and eager to dash across the Atlantic Ocean, her seven bright rows of portholes and windows exuding golden light. She symbolized an age of ease and graciousness, of pride and confidence in the powers of man. Now, as an avid press broadcast the news received from the *Knorr*, the world seemed to reminisce, to mourn, to feel an ache in the heart and a warmth of remembrance for those brave victims who perished on that great ship so long ago. ■

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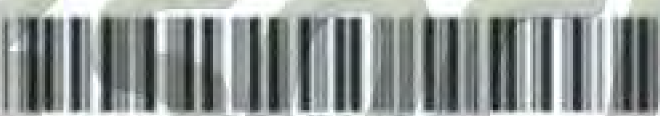
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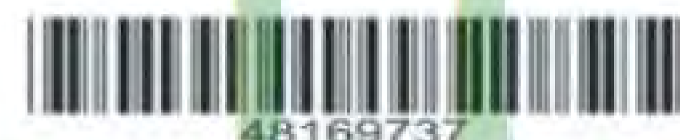
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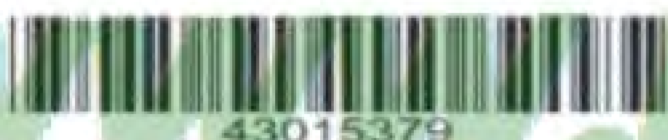
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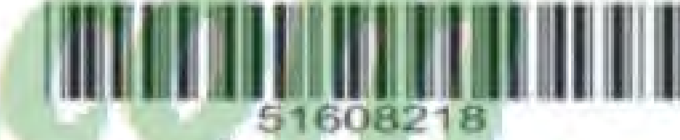
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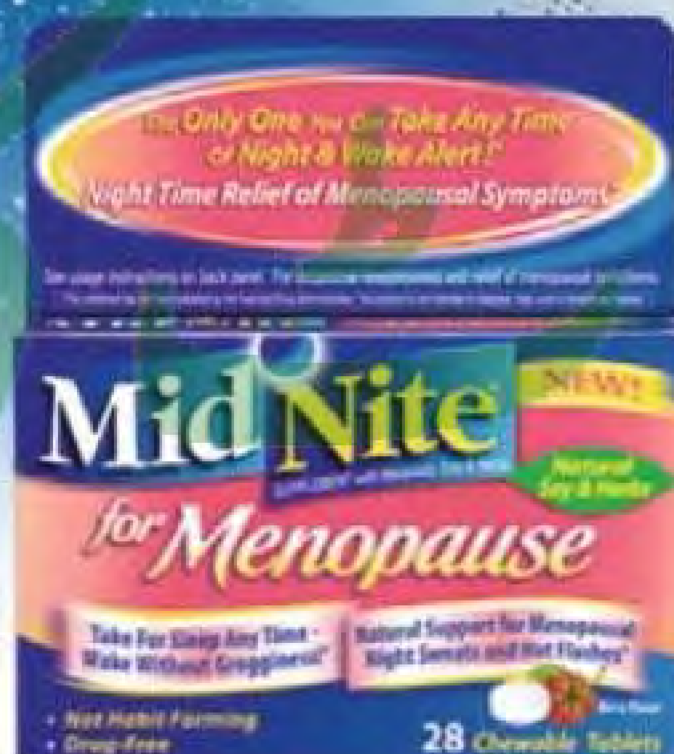
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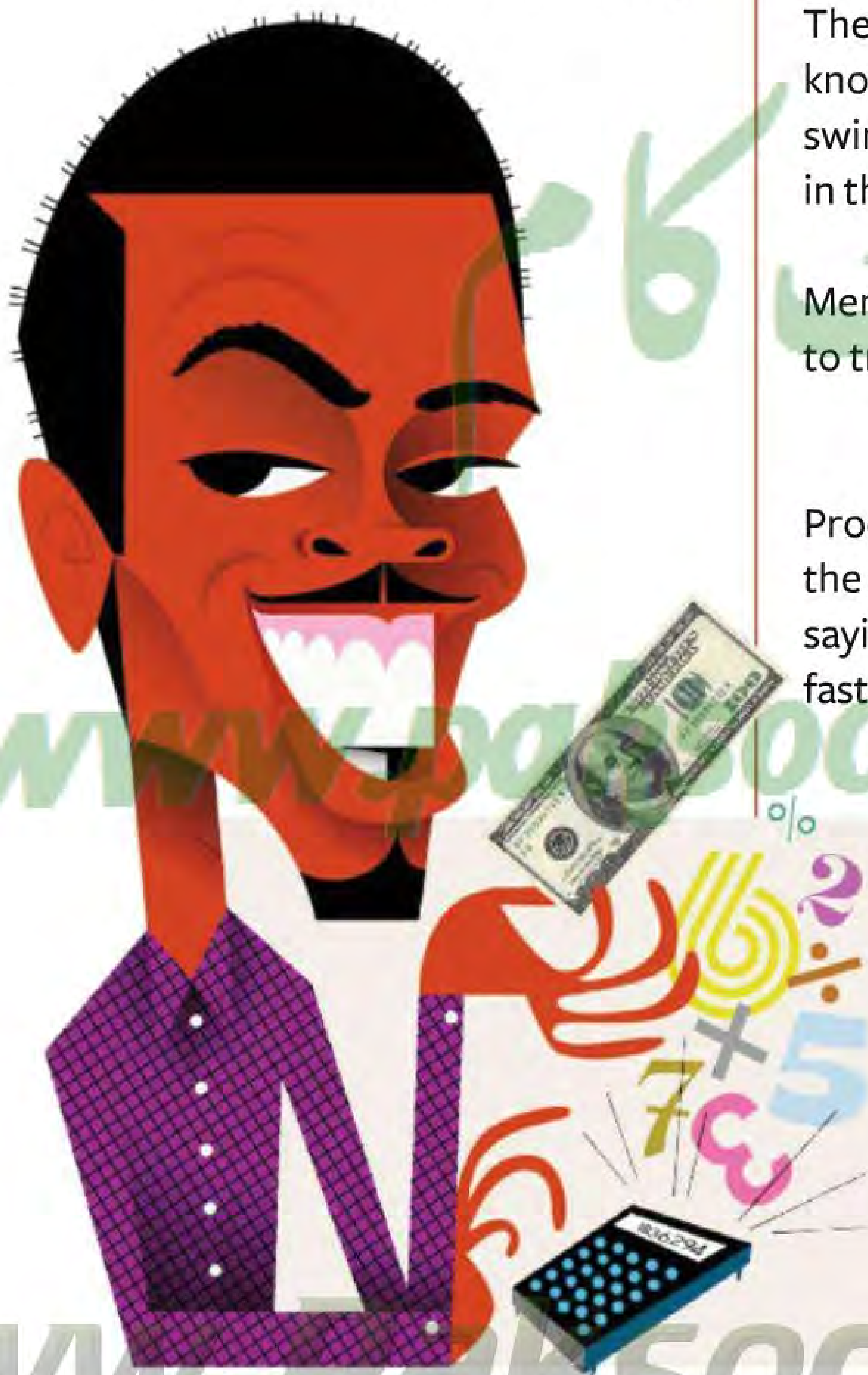
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Barbara Kingsolver

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